DETOX YOUR HOME: THE CRAZY-EASY PLAN p. 126

September 2015

Prevention

EAT CLEAN and GET LEAN

33 Delicious Ways to Feel Amazing Now



THE TRENDY DIET THAT ACTUALLY HEALS

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10 SNACKS YOU'LL LOVE

Plus SMOOTHIES ON THE CHEAP

CLEAN SWAP! Whipped Coconut Cream, p. 125

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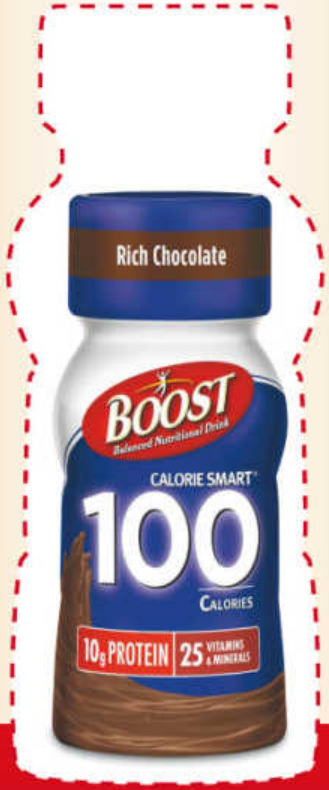
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I switched them to BLUE."
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Contents

September



Yes, you can eat deliciously on the Paleo diet, p. 112

JASON VARNEY

89
2015 *Prevention* Beauty Awards
Say bye to crow's-feet and grays—these new anti-agers have proven their worth.
BY *Jessica Chia*

100
Eat Clean Stay Lean with Salad
Here's how pesticides, sugar, and bad fats sneak into your salad—and how much better it tastes once you make a few swaps.
BY *The Editors of* Prevention

112
In Defense of Paleo
Today's backlash against the "caveman diet" disregards some key evidence. Reconsider its healing power.
BY *Stephanie Eckelkamp*

126
How to Live Clean(er)
From BPA to Teflon, chemical hazards could be hiding anywhere you look. But no need to go all eco-obsessive on us. This healthy-home detox is easy and effective.
BY *Elizabeth Royte* AND *Beth Greer*

Contents

News

Health 23
Nutrition 40
Fitness 67
Beauty 81

Healthy Food

Eat Clean 47
Organic eggs, DIY salad dressings, swaps for your smoothie, and more
The 15 Most Fascinating Clean-Food Trends Right Now 54
We checked health food's pulse, and it's racing. Start your shopping cart.

Answers

Problem Solved! 35
Nine ways to alleviate carpal tunnel syndrome
Dr. Andrew Weil 140
Is Bikram yoga just too much?

In Every Issue

Inside Information 13
What you and we discovered this month in health and happiness
Impact 16
Get some real-food inspiration
Better Than Ever 74
Confidence was the key that allowed Lainie Messina to transform her life.
Breathing Space 99
Pets 137
Soothe separation anxiety in a fretful dog or cat.
Steal This Recipe 144
Clean green truffles? Sign us up!

Changing your health takes a step at a time—and a few laughs, p. 74



On our cover: Photograph by Jason Varney; food styling by Carrie Purcell; prop styling by Carla Gonzalez-Hart

DANIELA STALLINGER

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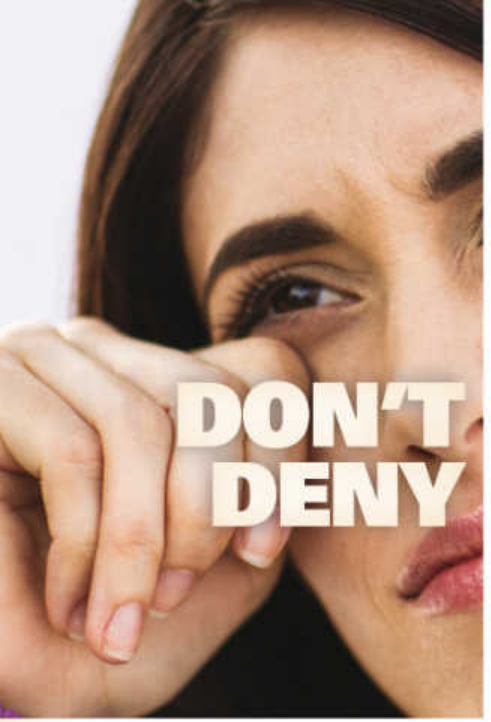
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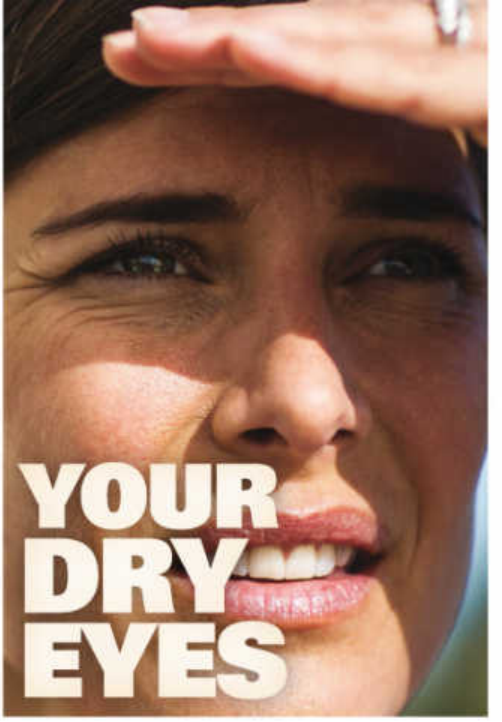
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It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

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My DRY EYES


RODALE'S
OrganicLife
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in the Modern World
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[4] FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



FROM TOP: MITCH MANDEL. COURTESY OF BESTOWED

Step Up Your Snacks

As you'll read in this issue, a full 25% of our calories come from snacking. That probably means I should stop passing off my 4 PM cookie stop at the company café as a viable habit! Good thing we've now got the brainy snack-box service Bestowed on our side. **TRY IT NOW:** Sign up at *bestowed.com/prevention* and, along with each monthly issue, you'll get a sampler of the healthiest carry-alongs around. The box looks good, yes?

THE DAY YOU'LL GET CLEAN?

If the popularity of our Eat Clean to Get Lean meal plan at *eatcleancourse.com* is any indication, real food and a receding waistline strike you as a great pairing. The trouble, of course, is getting started. **TRY IT NOW:** The 7-day plan to lose 5 pounds is free, so first just sign up. Then I suggest pointing to September 12 as a great Day 1. That's Eat Clean Awareness Day, when we at *Prevention* and Rodale are encouraging the world to eat all-real for 24. I smell change!

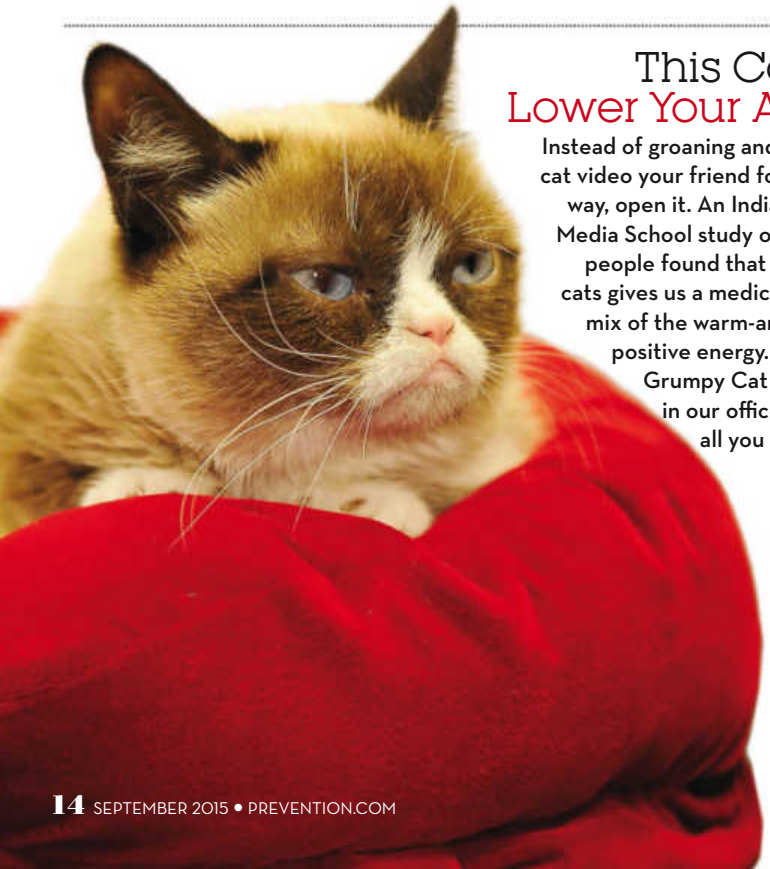


Katy Sit: "I Feel Muscles I've Never Felt Before"

That's what the *superexcited* (her word, not mine) NYC resident e-mailed us, adding that, thanks to her 16-pound weight loss, she's changed most of her wardrobe and feels more flexible. The kicker: Sit (whose name seems like a real misnomer) was working out only 10 minutes a day with our *Fit in 10: Total-Body Transformation* DVD. TRY IT NOW: *Fit in 10* lives at *prevention.com/fitin10*. I hate to humble brag, but this is worth the $28.



FROM TOP: COURTESY OF KATY SIT. STEVE JENNINGS/GETTY IMAGES



This Cat Can Lower Your Anxiety

Instead of groaning and deleting that cat video your friend forwarded your way, open it. An Indiana University Media School study of nearly 7,000 people found that watching cute cats gives us a medically significant mix of the warm-and-fuzzies and positive energy. TRY IT NOW: Grumpy Cat is the therapy in our office: Watch her—all you have to lose is a lot of stress.

It's pretty amazing how a cat that looks this bummed out can make us feel so good.

Clean Eating Couldn't Be Easier!



4 Simple, Clean Ingredients

Ingredients: Whole Wheat Kernels, Whole Flaxseed, Salt, Barley Malt.

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New Dawn Rising

You can just imagine how much sweeter spinach tastes when it's picked at first light by farmers who have used little more than solar power and draft horses to sow their fields. Essex Farm Institute in New York, pictured here, relies on growing techniques that support the earth rather than harming it. And at the end of the day, what's sweeter than that?



BEN STECHSCHULTE/REDUX





Take the Local

Fresher produce with more antioxidants, fewer resources used for transit, and more money in your neighbors' pockets are just three upsides when you buy from farm stands—like this one in Hudson, NY—that can make you feel even better about loading up on heaping boxes of leafy greens. Mercedes Wallner, shown here, runs the organic produce department at Mother Earth's Storehouse in nearby Kingston.

TONY CENICOLA/*NEW YORK TIMES*/REDUX



Fill Up on Color

Brilliant red radishes, vibrant purple Swiss chard, and soft pink cranberry beans: When your fruits and veggies are bursting with bright hues like these New York–grown gems, you know you're eating well. Take in the color here, then go exploring at farmers' markets near you to taste every shade of the rainbow.



PENNY DE LOS SANTOS/OFFSET

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Health

Stop Your Snoring • Power Up Your Brain



Spice Up Your Fall Wellness

Cinnamon is a no-brainer addition to your never-ever-get-sick arsenal. Among an array of natural plant extracts, only cinnamon inactivated the virus Phi X 174, shutting down 99.9 to 100% of the bug in minutes, found researchers at Touro College in New York City. While Phi X doesn't infect humans, it's similar to viruses we do encounter, like those that cause nasty colds, flu, and even herpes, says microbiologist Milton Schiffenbauer, who led the study. Before more research nails down specifics, he suggests warding off the season's oncoming threats with about a tablespoon of cinnamon a day.

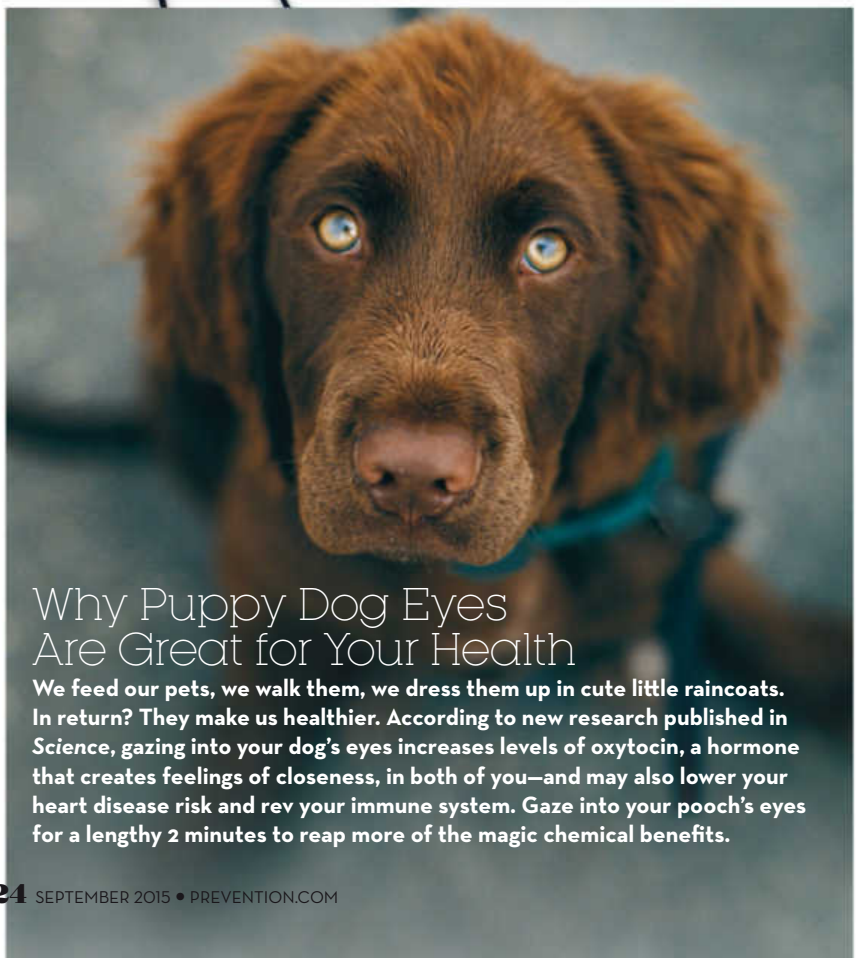
FOTOS MIT GESCHMACK/STOCKFOOD



Pandora = Brain Protection?

Think Baby Mozart for adults: Brain scans of pro musicians revealed a quieting of the genes involved in diseases like Alzheimer's after the musicians played classical tunes for 2 hours. We listeners also likely benefit, says study author Irma Järvelä, associate professor of medical molecular genetics at the University of Helsinki in Finland—and, lucky for Drake fans, hip-hop and jazz may do the trick, too.

Source: Scientific Reports



Why Puppy Dog Eyes Are Great for Your Health

We feed our pets, we walk them, we dress them up in cute little raincoats. In return? They make us healthier. According to new research published in *Science*, gazing into your dog's eyes increases levels of oxytocin, a hormone that creates feelings of closeness, in both of you—and may also lower your heart disease risk and rev your immune system. Gaze into your pooch's eyes for a lengthy 2 minutes to reap more of the magic chemical benefits.

FROM TOP: DANIEL LOISELLE/GETTY IMAGES. JOHNER/OFFSET





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VICKS

THE SNORING SOLUTION THAT'S

Better Than That Elbow

These 6 weird muscle-firming moves reduced snoring frequency by 36% in a small new study. Commit to 8 minutes per session, 3 times a day, and you could nix those midslumber nudges from the nightly routine.



1. Push the tip of your tongue against the roof of your mouth and slide it backward 20 times.
2. Press your tongue against the roof of your mouth 20 times.
3. Push the back of your tongue down, with the tip against the inside of your front teeth, 20 times.
4. Lift the back of the roof of your mouth like you're saying "ah" for your doctor 20 times.
5. With your index finger inside your mouth, push your cheek away from your teeth while resisting the pressure, 10 times each side.
6. When you swallow, lift your tongue to the roof of your mouth while keeping the rest of your face relaxed.

Source: Chest

FROM TOP: MARK LUND. BORABALBEY/GETTY IMAGES



1 in 4 That's how many adults never or rarely wear shades, per a recent Vision Council report. Yes, summer's on its way out, but keep those sunnies on, especially from 8 to 10 AM and 2 to 4 PM, when eyes are most at risk. The sun's UV rays—no matter the season—can fuel cataracts and macular degeneration.

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The Pill-Free Way to Beat Depression

As we all know, depression doesn't just vanish; it can take lifelong treatment for some people to stay healthy. But for those who'd rather not use medication, mindfulness may work just as well, says surprising new research published in the *Lancet*. In the study, one group of people with depression continued on antidepressants as usual, while another swapped the meds for mindfulness-based cognitive therapy, a mixture of cognitive-behavioral therapy and mindfulness meditation. After 8 weekly group sessions, an hour of homework a day for 2 months, and 4 optional refresher sessions over the next year, study participants in both groups showed comparable rates of depression recurrence. Curious? Google "MBCT therapist" to find a specialist in your area.

TRY IT NOW

For a taste of the mindfulness drug, do this 5-minute exercise from UCLA's Mindful Awareness Research Center:

Sit with your back straight, feet on the floor, and hands in your lap.

Close your eyes or cast them slightly downward and breathe naturally.

If your thoughts wander, say "thinking" softly in your mind, then gently return your attention to your breath.

When your timer goes off, notice how you feel. Try to carry that feeling with you throughout the day.

Try a longer guided meditation at *marc.ucla.edu* or download an app like Headspace or Buddhify for on-the-go mindfulness.

LUMINA/STOCKSY

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DIY-TOX YOUR CLEANERS

Monoethanolamine? Butyl cellosolve? Not in these homemade cleaning potions. Here, nine formulas for a healthier scrub-down.

BY BETH GREER



Want more healthy-home ideas? Turn to p. 126.

Scrubbing Tile Cleaner



Put some baking soda in a grated cheese container (the kind you find at pizza parlors) and sprinkle it on bathroom sinks, tubs, and showers before scrubbing. For tough stains, make a paste of baking soda and a little water. Smear it on the spot, let it sit for half an hour, and sponge off.

Laundry Bleach



Instead of bleach, try adding ½ cup of borax or 1 cup of 3% hydrogen peroxide to whites, or 1 cup of white vinegar to darks (to prevent fading).

JOE GRAZIANO

YOU LAUGH. YOU LEAK.

OR

YOU DON'T.

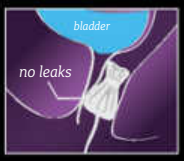
Revolutionary new Poise* Impressa* Bladder Supports let you laugh without leaks.

Introducing Poise* Impressa*, designed to help stop leaks before they start by giving your body the support it needs in just the right place. Non-absorbent, comfortable and easy to insert. See how it works and hear from women who love it at **impressa.com**.

9 of 10 WOMEN SAID THEIR BLADDER LEAKAGE WAS REDUCED OR STOPPED.







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Iron-deficiency symptom checklist

Do you suffer from any of the following?

- ☐ Are you continually tired and lack appetite?
- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.



If you are feeling tired & run-down, Floradix could be the simple solution. Its unique low-dose formulation, with highly soluble iron gluconate as well as whole food concentrates and co-factor B and C vitamins, ensure that it is easily absorbed by the body. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.*

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Fabric Softener



Try 1 cup of baking soda for clothes. For towels, add ½ cup of vinegar to the rinse cycle. Fabric softeners can make towels less absorbent, but vinegar deodorizes and softens them without compromising absorbency.

Scouring Pad



Scrub stainless-steel pots and pans with baking soda. It won't scratch and will give everything a shine. Nasty gunk at the bottom of a pot? Make a paste of baking soda and water, cover the gunk, and let it sit for 30 minutes. Pretty up your stainless-steel sink with the stuff while you wait.

Toilet Bowl Cleaner



Pour 16 ounces of vinegar into the bowl at night; scrub away grime in the AM.

Drain Cleaner



Pour ½ cup of baking soda into the drain, then slowly add ½ cup of vinegar. Let sit for 30 minutes, then flush with hot water.

Window, Mirror, and Glass Cleaner



Equal parts water and vinegar make windows and other glass gleam. In fact, if you rub a little on your specs, the whole world will get brighter.

Spray Kitchen Cleaner



Fill a metal spray bottle with 3% hydrogen peroxide, then use to disinfect countertops, appliances, and even wood cutting boards. It'll give your entire kitchen a clean, fresh smell. For even more antigerm power, fill a second metal bottle with vinegar (either white or apple cider) and apply after the peroxide. Word to the wise: Don't mix both liquids in the same bottle, and don't use vinegar on granite or marble.

Oven Cleaner



Fill a heatproof deep pan with water, put it on the oven rack, and warm until the steam softens baked-on grease. After the oven cools, use a paste of equal parts salt, baking soda, and vinegar as a scrub.

JOE GRAZIANO

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PROBLEM SOLVED!

Carpal Tunnel Syndrome

BY RICHARD LALIBERTE

Genes, not just using keyboards, appear to be a main cause of carpal tunnel syndrome, in which tendons and ligaments swell and press on the median nerve in the wrist's passageway (aka the carpal tunnel). They may also be why women have three times the risk of CTS pain, numbness, and tingling that men do. Still, your habits can aggravate—or, most important, improve—the issue.



Start Here!

Hourly Breaks

Set a timer if you need a reminder. Experts recommend giving hands a rest at least 5 minutes every hour when doing repetitive tasks like chopping food, painting, or clicking a mouse. Move your wrists around; shake your hands; bend and stretch your fingers. If you can't quit working, rotate activities so your hands perform different motions on a regular basis.

Different Posture

Crimping your neck nerves can wreak havoc on wrists and hands. In other words, stop hunching at your desk. Sit so elbows, hips, and knees are bent at 90 degrees. Try to keep wrists straight; hours of non-neutral positions can up your risk, according to a meta-analysis.

PHOTOALTO/ALIX MINDE/GETTY IMAGES

Exercise

Healthy body, healthy wrists. There's not a lot of evidence that exercise directly improves CTS, but fit people appear to be less prone to nerve problems in the wrist. In one study, people with CTS who did yoga designed to limber up and strengthen upper-body joints had less pain and better grip. Skip Downward-Facing Dog and push-ups, though: Pressure on the base of the palm compresses the median nerve.

TRY THIS STRETCH

Lay your hand on your lap, palm up, and hold all fingers but your index finger against your leg with your other hand. Bend your index finger toward your palm until you feel a gentle tug, then straighten it again. Do 10 reps. Repeat with your middle, ring, and little fingers to increase flexibility and reduce pain.

Wrist Splint

For that big wrist-wrecker: sleep. You probably bend your wrists as you curl up at night—one study finds that side sleepers have significantly more CTS. A splint can help keep you on the straight and narrow. Expect to wear it for at least several weeks to several months.

Vitamin B6

It's good for nerve function. Not all docs think it makes a difference, but B6 is often used as a nonsurgical CTS treatment, thought to suppress pain signals and improve nerve health. You can get the RDA of 1 to 2 mg per day from potatoes, bananas, chicken breast, brown rice, and avocados, but up to 200 mg daily in supplements is safe, too.



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Acupuncture

It works for some.

Some (but not all) studies find that a good needling relieves carpal tunnel syndrome symptoms as well as or better than splinting, oral steroids, and vitamin supplementation. Experts think the stimulation possibly increases blood flow or interferes with pain signals.



3.1%

Proportion of US workers estimated to have carpal tunnel syndrome

Injections

Medicine right where it hurts.

Corticosteroids injected into the carpal tunnel can reduce swelling and relieve pressure on the median nerve. Results last several weeks to several months, but follow-up shots often don't help as much, so doctors tend to limit injections to one to three per year.

Surgery

Can be a lasting solution. Releasing the ligament that crosses over the carpal tunnel relieves pressure and boosts blood flow to the median nerve. After the 15-minute outpatient procedure, the wrist usually heals with more room in the carpal tunnel, so fixes are often—hallelujah!—permanent.

Sources: Leon Benson, MD, hand surgeon at the Illinois Bone and Joint Institute, professor of clinical orthopedic surgery at the University of Chicago, and spokesperson for the American Academy of Orthopaedic Surgeons; Rachel S. Rohde, MD, associate professor of orthopedic surgery at Oakland University William Beaumont School of Medicine in Royal Oak, MI, and chair of the patient education committee at the American Society for Surgery of the Hand

VISUALS UNLIMITED/GETTY IMAGES

Nutrition

Stress-Fighting Snacks • Nutritionist Secrets



Researchers suspect that harder, mature cheeses like Parmesan, Gruyère, and aged Cheddar have more fat-burning potential.

Say Cheese for Weight Loss

Experts used to credit wine and lifestyle for the small waistlines and healthy hearts of the French, but now a study in the *Journal of Agricultural and Food Chemistry* suggests that cheese, of all things, plays a role. Researchers compared urine and fecal samples from people whose diets were rich in either cheese or milk, and cheese eaters had higher levels of butyrate, a compound made by gut bacteria that's linked to lower blood cholesterol. This comes on the heels of a study that found eating more cheese may trigger weight loss when it's part of a low-refined-carb diet. Next up for a healthy halo: soufflés? We kid, we kid. (We think.)

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CHRISTINA LANE

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The 10 Best Snacks for Stress Eaters

Crave sweets under pressure? There's a reason: Sugar suppresses the stress hormone cortisol. But! It leaves you hungrier. Stop the cycle with snacks high in fiber, fat, protein, and other soothing benefits.



1

ANTS ON A LOG
Celery, almond butter, and raisins pack a dose of energizing carbs and filling fiber, fat, and protein.



2

ENERGY BITES
Name says it all. Mix ½ cup chopped dates, ½ cup nut butter, and ¼ cup rolled oats in a bowl. Form into 12 to 14 balls.



3

HERBAL TEAS
Chamomile eases anxiety, while green tea contains the amino acid L-theanine, which provides a focused tranquillity.



4

PB&B
Childhood foods—like peanut butter slathered on toast with banana—are naturally calming and comforting.



5

DARK CHOCOLATE ALMONDS
Dark chocolate's bold flavor curbs cravings; 1 oz a day also reduces stress hormones.



6

VEGGIES & DIP
Veggies fill you up with good-for-you fiber, and guac or hummus, with healthy fat, helps you feel full longer.



7

MINI PARFAIT
Dairy packs calcium and protein, both of which help your body release feel-good chemicals.



8

SELTZER WITH SLICED FRUIT
Dehydration is often mistaken for hunger. Make drinks interesting so you're more inclined to sip.



9

TRAIL MIX
Walnuts help the body respond better to stress. Pair with dried fruit and chocolate for max satisfaction.



10

ROASTED CHICKPEAS
For guiltless salt + crunch, toss with oil and spices on a sheet pan and bake at 400°F for 30 minutes.

FROM TOP (LEFT TO RIGHT): GETTY IMAGES; ROBYNMAC. MW47. COMPASS. MARY ELLEN BARTLEY/STOCKFOOD. GETTY IMAGES: TOM ENGLAND. DANIELA ANDREEA SPYROPOULOS. FEDELCHOT. DANVOJTECH. CRANBERRIES: DAVID BISHOP, INC. CHOCOLATE CHIPS: SMNEEDHAM. WALNUTS: VSANANDHAKRISHNA. YELENA STROKIN/STOCKFOOD

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4 Cut-the-Crap Tips Nutritionists Live By

A quartet of expert dietitians shared these über-straightforward principles for how to eat.

1 **How much you eat matters more than what.** Instead of debating oatmeal or cereal, measure out food to make smaller portions a habit.

2 **The most important thing on a package is the ingredient list.** The shorter the list, the less processed the food.

3 **Herbs and spices aren't just for flavor.** They're packed with phytonutrients that can boost metabolism and memory and balance blood sugar.

4 **The time to watch intake is when you're snacking.** We get 25% (!) of calories in between our three big meals.

Sources: Wendy Bazilian, DrPH, RD; Kathy McManus, RD; Stefanie Sacks, culinary nutritionist; Lisa Young, PhD, RD

This Is How Many Meals Thin People Eat

Eating six small meals per day may be best for weight loss, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. Subjects who stuck to that routine had the lowest BMIs on average, likely because eating every 3 to 4 hours keeps blood sugar stable, making people less likely to overeat or eat impulsively. The study also found that those who ate the bulk of their food during the day and not late at night were more likely to be slim. But you knew that already!



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Lilly P., Sweden





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eat clean

Feel-Good Wine • Dressing Detox • Smoothie Fix

Want to find out whether your favorite dairy is actually organic? Download a brand's scorecard at *cornucopia.org*.

Are Those Eggs *Really* Organic?

Shelling out extra cash for organic might sting, but it's worth it, right? Well, with certain brands of dairy and eggs, that's being called into question. The Cornucopia Institute, an organic industry watchdog group that strives to protect small family farms, recently filed complaints with the USDA, arguing that 14 large dairy farms and egg producers didn't provide animals with proper outdoor and pasture access, thereby violating federal organic standards. The USDA closed the complaints without investigating, but experts say the findings suggest some farms with the organic seal cut corners. Make sure you get the real deal by choosing brands that Cornucopia rates highly in terms of organic compliance. Two to start with: Vital Farms eggs and Maple Hill Creamery yogurt.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CHRISTINA LANE

Headache-Free Red Wine? Yes!

Wonder why one measly glass of Syrah triggers a killer headache for you but not for your friends? Turns out some of us are sensitive to red wine's histamines, the same compounds as those released when you have an inflammatory reaction to an invader like pollen, causing symptoms like headaches, runny nose, and itchy eyes. Now some winemakers have a fix: low-histamine wine made from thin-skin grapes, which are naturally low in histamine, then treated with yeast to further reduce amounts. For ultralow levels, try **Veglio Michelino e Figlio Dolcetto d'Alba or Barbera d'Alba varieties ($16 per bottle)**. Both have no more than 0.5 mg of histamine per liter, compared with 10 mg in most reds. We'll drink to that!

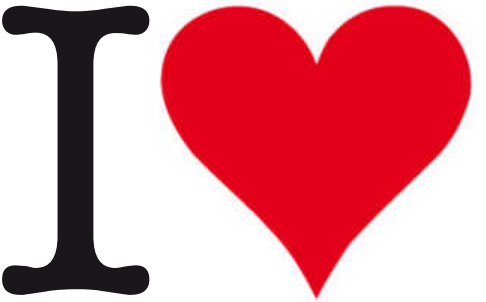




Homecooked Meals Made (Really) Easy

THE TRENDY NEW meal-delivery programs that are so perfect when you're strapped for time—you pick the meal, they send you pre-portioned ingredients and instructions—aren't always so perfect if you're trying to lose weight. Enter Chef'd, a new company that's partnering with us, the nutrition nerds of *Prevention*, to deliver healthier meals like Linguine with Braised Kale, Garlic, and Sausage (shown above) or Asparagus, Red Pepper, and Pork Stir-Fry over Quinoa. These recipes have earned their low-calorie cred! Order your next dinner for two at ***chefd.com/prevention***.

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DINNER TONIGHT

Dressed to Impress

Elevate greens from good to phenom with these DIY dressings that drop the sugar and chemicals of store-bought brands. All serve eight and keep for a week.

Traditional salad dressing wisdom dictates a 3:1 ratio of oil to vinegar, which can be too oily. Better: Use these recipe ratios as a guideline, but make to taste.

1. Cumin-Lime Dressing In container with lid, combine ⅔ cup **safflower or grapeseed oil**, ¼ cup **lime juice**, 1 Tbsp **lime zest** (juice and zest of 2 limes), 1 tsp **ground cumin**, ½ tsp **Dijon mustard**, ½ tsp **agave syrup**, and ½ tsp each **kosher salt** and **black pepper**. Close lid and shake. 1

2. Herb-Shallot Vinaigrette In container with lid, combine ⅔ cup **olive oil**, ⅓ cup **champagne vinegar**, ½ sm **minced shallot**, 1 Tbsp **chopped fresh tarragon**, 1 tsp **Dijon mustard**, and ½ tsp each **kosher salt** and **black pepper**. Close lid and shake. 2

3. Sesame-Ginger Dressing In container with lid, combine ½ cup **safflower oil**, ¼ cup **rice vinegar**, 2 Tbsp **less-sodium soy sauce**, 1 Tbsp **grated ginger**, 1 Tbsp **toasted sesame seeds**, 2 tsp **dark sesame oil**, ½ tsp **honey**, and ½ tsp each **kosher salt** and **black pepper**. Close lid and shake. 3



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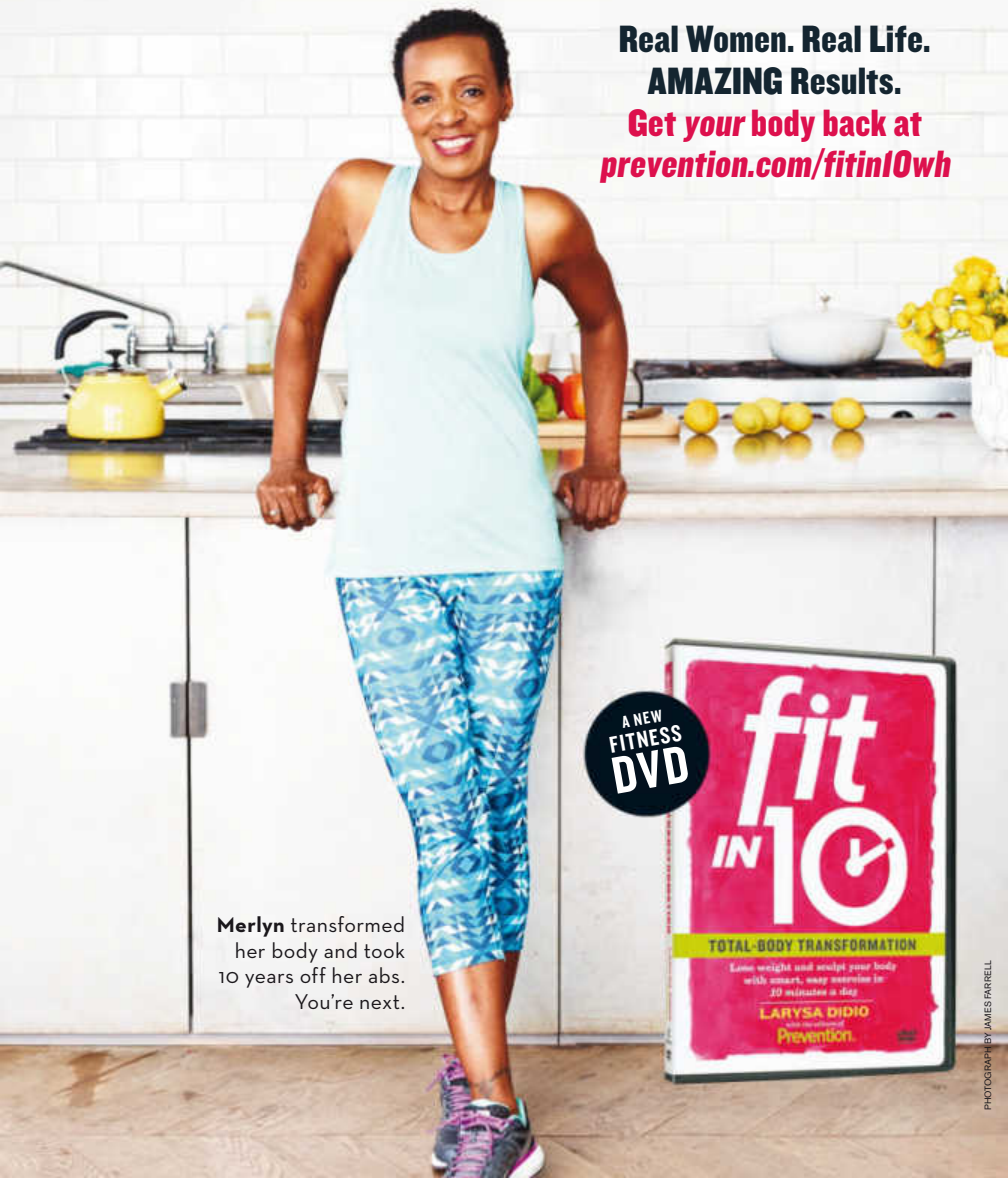
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PHOTOGRAPH BY JAMES FARRELL

6 Swaps to Cut Your Smoothie Cost in Half

You don't need to drop $50 at a health-food store to make a drink that's crazy good for you—chances are, you have what you need in your kitchen already. Here, the alterna-ingredients that deliver more nutritional bang for your buck.

THE SPLURGE	THE SWAP	WHY THE SWAP'S BETTER
 CACAO NIBS	 COCOA POWDER	**Unsweetened cocoa powder delivers the same flavor and hefty dose of magnesium, which helps your body produce mood-lifting serotonin.**
 GOJI BERRIES	 FROZEN BLUEBERRIES	Blueberries have brain-boosting polyphenols and anthocyanins, which can slash heart attack risk. Frozen may have more nutrients, as they're iced at peak ripeness.
 CHIA OR HEMP SEEDS	 GROUND FLAXSEED	**Flaxseed is packed with phytochemicals, omega-3s, and fiber that can help lower cholesterol—all for around $5 per 1 lb bag. Go for ground, as it's easier to absorb.**
 SUPERFRUIT POWDERS	 KIWIFRUIT	Pricey powdered baobab and camu camu are praised for their sky-high levels of vitamin C. But just one kiwi packs more C than you need in an entire day.
 COCONUT OIL	 PEANUT BUTTER	**Coconut oil isn't cheap, but you can find a jar of organic PB, full of healthy fats, protein, and vitamin E, for less than $5. Plus, peanut butter makes everything better.**
 GREEN POWDERS	 FRESH GREENS	A bunch of spinach, Swiss chard, beet greens, or parsley costs just a few bucks and delivers plenty of antioxidant vitamins like A, C, and K, with no weird fillers.

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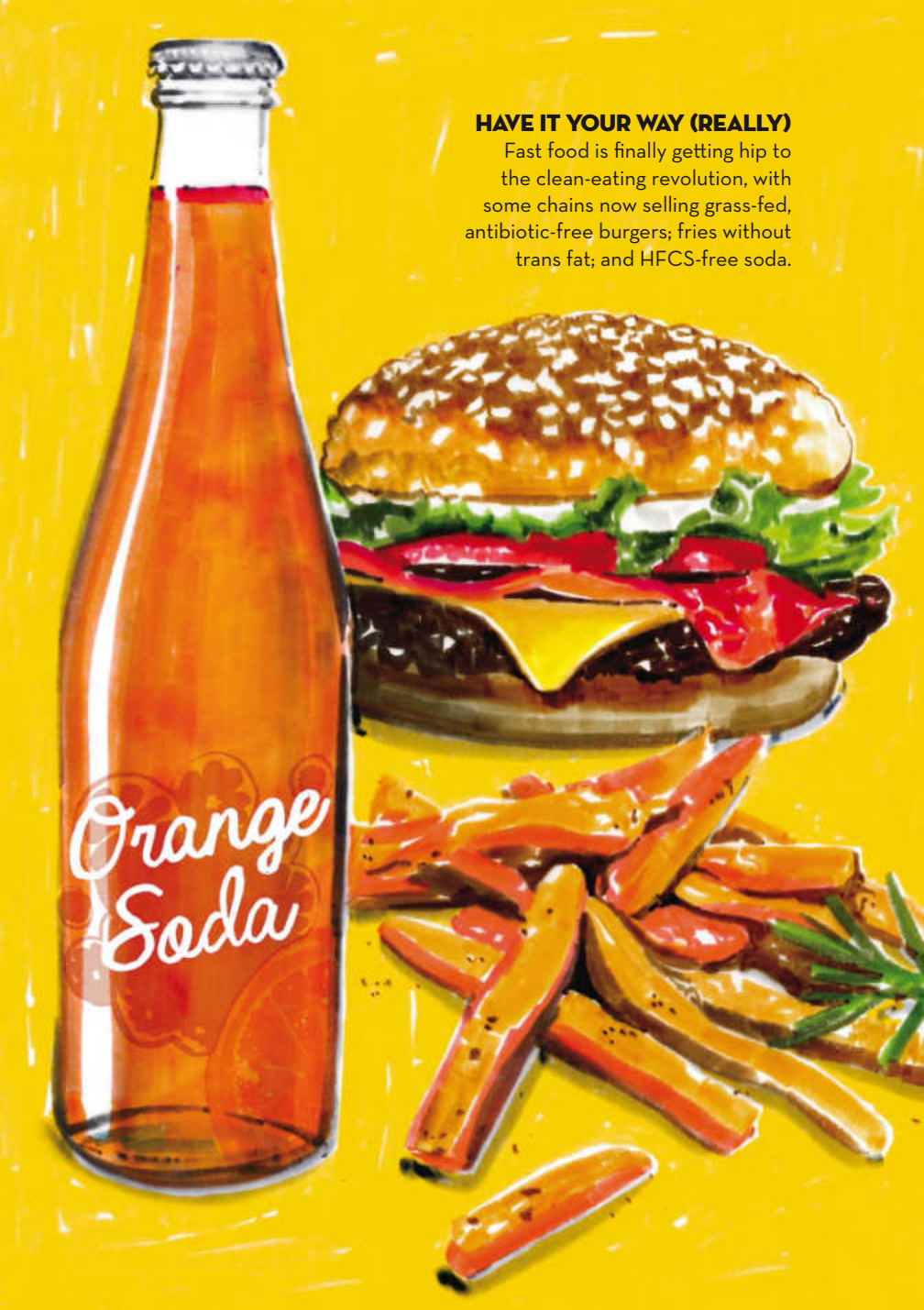


the 15 MOST FASCINATING CLEAN-FOOD TRENDS RIGHT NOW

2015's health-food crazes could have you trading in your PowerBar for a meat bar and your smoothie for a matcha doughnut. Whatever—it's all good! Here's to a food world that's finally cooking up more of the right stuff. ☛

BY CAROLINE PRADERIO ILLUSTRATIONS BY HOLLY WALES

HAVE IT YOUR WAY (REALLY)
Fast food is finally getting hip to the clean-eating revolution, with some chains now selling grass-fed, antibiotic-free burgers; fries without trans fat; and HFCS-free soda.





DRIVE-THRU VEGAN

GONE ARE THE DAYS when fast food meant greasy, low-grade burgers with a side of fried starch. More and more fast-food chains are now serving organic, vegan, vegetarian, Paleo, non-GMO, and/or raw meals. Some fast-food joints, like LYFE Kitchen, even ban white sugar, white flour, and HFCS from entering their kitchens. How's that for on-the-go integrity? Some of the healthiest fast-food chains:

- **Sweetgreen**
 Menu features organic, seasonal produce.
- **LYFE Kitchen**
 Every dish has fewer than 600 calories.
- **Tender Greens**
 Chain tries to source hyperlocal produce.
- **Veggie Grill**
 Everything is 100% plant-based and vegan.
- **Elevation Burger**
 All beef is organic, grass-fed, free-range.
- **Panera Bread**
 Meat here is antibiotic-free. Menu emphasizes veggies and lean protein.
- **Chipotle**
 Chain is all non-GMO, sources local food, and uses antibiotic-free meat.



2 CYBER FARMERS' MARKETS

ONLINE SHOPPING has finally infiltrated the farmers' market. City-based cyber retailers like Good Eggs and Farmigo, along with national chains like Door to Door Organics, now help consumers shop local and organic straight from their smartphones, so people can eat cleaner while supporting small organic farmers.



COLDER, CLEANER JAVA

COLD-BREW COFFEE, once the caffeine choice of hipsters only, is hitting the mainstream as Starbucks and other chains now sell the icy beverage, which is brewed for hours in cold water to curb coffee's acidity. The drink is smooth enough to take black, meaning there's no need to add any sweeteners, flavor shots, or trans fat–laden creamers. Now watch America's belly fat melt away.





4 DEJUNKED JUNK FOOD

HAVE YOUR (CLEAN) CAKE and eat it, too. More natural brands are revamping old junky favorites, but without all the sugar and unpronounceable stuff. **Theo Peanut Butter Cups:** 33% less sugar than Reese's ($2 for 2 cups) **Lotus Foods Organic Millet and Brown Rice Ramen:** Good source of fiber and whole grain, with no preservatives ($7 for a 10 oz bag) **Quinn Popcorn Butter & Sea Salt:** Uses real butter, not "butter flavor" ($5 for 2 bags)

5 BONE BROTH-A-PALOOZA

BOILING BONES TO MAKE BROTH sounds more 1815 than 2015, but the meaty liquid, rich in minerals and protein, has shown up in supermarkets, in the hands of megacelebrities like Kobe Bryant, at broth-only cafés in big cities, and even at an ultrahip daylong festival in NYC this past March. **Just think:** Last year at this time, you couldn't even buy bone broth at most stores.

6 NEXT-GEN VEGGIE CHIPS

KALE CHIPS? YAWN. A newer, crunchier crop of veggie chips has hit supermarkets. Prepare to be addicted.

A **Wonderfully Raw Brussel Bytes:** Dehydrated brussels sprouts + kale = bliss ($6 for 2 oz bag)

B **Brad's Raw Broccoli Poppers:** 140% of your daily vitamin C! ($4 for 1.5 oz bag)

C **Wonderfully Raw Snip Chips:** Peppery parsnips dusted in spices ($6 for 2 oz bag)



7 CELEBRITY VEGANS EAT MEAT

VEGANISM may be going the way of ponchos and popped collars now that celebs like Bill Clinton, Anne Hathaway, and Natalie Portman, who helped popularize the diet, have revealed shortcomings like low energy. Now Clinton eats fish, Hathaway went Paleo (more on p. 112), and Portman does eggs and dairy.

FABRIZIO MALTESE/GETTY IMAGES

CRUNCH-WORTHY

Forgo those "veggie" chips made from potato starch and green food coloring. These chips are so veggie, they look like the real thing, whether that's brussels sprouts or broccoli.





8 THE CULT OF MATCHA

DRINKING MATCHA has become akin to doing power yoga: Don't call yourself a hip healthster until you've tried it at least once. The fervor for matcha—finely ground green tea leaves with more antioxidants than regular green tea—has gone beyond drinking it, too, as recipes for matcha truffles (see EatClean.com blogger Candice Kumai's on p. 144), popcorn, and even doughnuts take over the cybersphere.

9 BELLY-BUTTON CHEESE

YOU'VE NEVER had cheese this stinky. To better understand the link between humans and bacteria, scientists are now developing dairy products using armpit, foot, belly button, and vaginal bacteria. **Stop retching:** Microorganisms used in cheese- and yogurt-making, like *Lactobacillus*, are often the same as the bugs on our bods. How's that for all-natural?

10 REAL FOOD, SLAB FORM

A NEW LAW governs energy bars: Less is more. Think high-protein or high-fiber bars without hyperprocessed soy, funky sweeteners, or stuff we need to Google to understand. Our faves sound exotic but don't taste it. **Oatmega:** Has whey protein from grass-fed cows ($24 for 12) **Nii Bar:** Combines hemp and quinoa into vegan protein ($3 per bar) **Perfect Bar:** Has kale, alfalfa, and dulse, with protein from eggs and milk ($20 for 8)



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11 POWER LUNCH TAKES ON NEW MEANING

THE WORLD'S most powerful food companies and politicians, including the POTUS, hopped on the real-food bandwagon. Go ahead and call it a clean-eating revolution—we have. Here, five announcements to remember:



- **February 2015**
 The biggest food company, Nestlé, declares it's dropping artificial colors and flavors from its candy, triggering Hershey to pledge to use recognizable ingredients.



- **March 2015**
 McDonald's announces it will source chickens raised without antibiotics important to human health.



- **April 2015**
 Chipotle becomes the first national restaurant company to serve totally GMO-free food.



- **May 2015**
 Panera debuts its No No List, banning 150 unnatural additives.



- **June 2015**
 President Obama directs US government agencies to serve meat that's hormone- and antibiotic-free.



12 ANIMAL ENERGY IN A WRAPPER

WHY EAT a processed protein bar made from a powder when you could enjoy a straight shot of pure protein with animal meat? Meat-based energy bars, made with pasture-raised beef, chicken, lamb, or bison, are high in protein, contain no junk, and are softer than jerky.

Epic Beef Apple Bacon Bar: Sweet and salty with 11 g of protein ($30 for 12)

Tanka Buffalo Meat Warrior Bar: Made with prairie-raised meat ($50 for 12)

Bricks Bar Turkey Sweet Potato Cranberry Pumpkin Seed: Like Thanksgiving but healthier ($40 for 12)

FROM TOP: RICHARD LEVINE/CORBIS. DANIEL HURST PHOTOGRAPHY/GETTY IMAGES. COURTESY OF PANERA. NITIN VADUKUL/GETTY IMAGES

"People tell me how healthy my hair looks. I hadn't heard that in a long time!"

Francine always had thick hair while she was growing up. The first time she noticed her hair thinning was two years ago. **"When drying my hair, I would feel the heat on my scalp and I thought how odd that I would have thinning hair. When I saw my hair coming out in the shower, that is when I knew I had a problem."**

Francine heard about Viviscal® supplements through her best friend, who suggested that she try this product that her dermatologist was taking for thin hair. Francine noticed a difference in three to four months with Viviscal.



Francine S.



"We recently conducted a double-blind, placebo-controlled clinical trial on Viviscal supplements in the Ablon Skin Institute in Los Angeles. The results were dramatically successful."

Glynis Ablon, M.D., FAAD,
Associate Clinical Professor UCLA.



Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

Viviscal supplements provide the exclusive marine complex AminoMar®, plus a blend of essential vitamins and minerals, to promote hair growth* from within. Viviscal is grounded in 25 years of research and development.

Order today and save 10% off your order!

BUY A 3-MONTH SUPPLY OF VIVISCAL AND SAVE $30 PLUS RECEIVE $40 WORTH OF FREE GIFTS WHEN YOU BECOME A VIVISCAL ELITE.

Visit ViviscalElite.com or call (800) 881-9251
For 10% off enter this discount code PS9PV

Viviscal is also available in Rite Aid, Ulta and Walgreens.

ALSO AVAILABLE IN CANADA:

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LifeExtension
Foundation for Longer Life®



Why Can't I Lose Weight?

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Each of our cells contains an enzyme called **"A-M-P-K"**. When **AMPK** is activated, cells stop storing fat and start burning accumulated fat.

How do we know this? In response to extreme **calorie restriction**, AMPK activity skyrockets and rapid **weight loss** ensues. The problem is that most people cannot consistently undereat to elevate their **AMPK**.

Dramatic Impact of AMPK Activation

For the first time, scientists have discovered two **nutrients** that markedly increase **AMPK** activity. Studies of humans using these AMPK activating nutrients have revealed profound **weight loss** effects.

However, many people consume so many **excess calories** and get so little **physical activity** that it is not possible to achieve meaningful weight loss with just a pill. That said, if you are trying to lose weight and do not take steps to boost your **AMPK activity**, you will almost certainly fail.

Activate Your AMPK without Starving

The dual-extract **AMPK Activator** formula contains the two identical natural compounds that have been shown to promote **AMPK activity** and facilitate healthy body weight.

ORDER NOW!

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Offer expires November 30, 2015.

This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

NOTE: If you have any doubt about the impact of AMPK on health, longevity, and body weight, just type in **"AMPK"** into **Google**. You'll see thousands of studies that describe its wide-ranging beneficial properties.

*Free Standard Shipping (regularly $5.50) in the contiguous U.S. only.

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If you are not 100% satisfied with any purchase made directly from Life Extension®, just return your purchase within 12 months of original purchase date and we will either replace the product for you, credit your original payment method or credit your Life Extension account for the full amount of the original purchase price (less shipping and handling). For the complete list of ingredients, cautions, references, dosage and use, please visit www.LifeExtension.com. Life Extension will not be liable for typographical, photographic or other pricing or content errors found in our printed or electronic communications. Prices subject to change without notice. Cannot be combined with any other offer.

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13 PLASTIC-FREE CHEWING GUM

CHEW ON THIS: Most mainstream gum is made with synthetic plastic and artificial sweeteners. But now brands are churning out gum made from (gasp!) real gum—you know, the kind that comes from trees.

Simply Gum: Just 6 simple ingredients ($15 for 6 packs)
Chicza Mayan Rainforest Gum: Certified organic ($2 per pack)
Glee Gum: Cheery colors and fruity flavors ($11 for 12 packs)

14 THE BITTER TRUTH

THE SHARP FLAVOR once shunned in favor of savory umami foods is now trending in packaged products like kimchi, sauerkraut, and pickled fruits and vegetables, as research continues to find that bitter foods can be high in potent antioxidants. Try the trend by noshing on any fermented food or fresh arugula, dandelion greens, radicchio, or grapefruit. Or toast the bitter taste with a Negroni cocktail.



15 THE NEW NO-CAL SUGARS

EVER SINCE SUGAR and artificial sweeteners were proclaimed the dietary devils, plant-based, no-cal sweeteners like stevia and monk fruit have been popping up everywhere. **Best news:** Studies show no health or safety issues, and they may even have benefits, like added fiber.

▪ Stevia

Extracted from the South American stevia plant, this white powder is 200 times sweeter than sugar. Find it in plenty of drinks, or use packets to sweeten coffee or tea.

▪ Monk Fruit

Three hundred times sweeter than sugar, this extract from the Southeast Asian *luo han* fruit is used to sweeten frozen desserts, yogurts, and calorie-free drinks.

STEVIA PACKET: MITCH MANDEL. BOTTLE: COURTESY OF SWEETLEAF



Do you suffer from **hot flashes** and **night sweats?**

If yes...the Replenish Trial may be right for you!

Doctors in your area
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ESPR-0034C-PREV 5/15

Fitness

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JORG BADURA/TRUNK ARCHIVE

The No. 1 Best Time to Strength-Train

It may not occur to you to do squats after dinner, but here's a good reason to try it: When overweight people with type 2 diabetes did a short strength-training session 45 minutes after their evening meal, their blood sugar and triglyceride levels dropped significantly more—and stayed lower longer—than if they did the same routine before eating. "High circulating levels of glucose and triglycerides are associated with poorer blood-vessel function," says study coauthor Nathan Winn. "Strength training postmeal reduces the spike and, when done consistently, lowers your risk of cardiovascular disease."

Source: Journal of Applied Physiology

5 Surprisingly Simple Ways to Create Your Own Walking Group

Research confirms what we've known all along: You'll walk more often if you bring a few friends. Here's how to organize the perfect peregrinating posse.



THOMAS BARWICK/GETTY IMAGES

1 Recruit right. "Don't be afraid to post a call for members on Facebook," says walking coach Michele Stanten, author of *Walk Off Weight*. "You can also ask around at work, church, or yoga class."

2 Aim for a minimum of two other people. "This way you'll be more likely to have at least one walking buddy if someone can't show," says Stanten.

3 Fix a time. And make sure that time works for you. If you're the leader, you can't be the one skipping out.

4 Keep it close. That 20-minute drive to the park gets old fast. Walk right in your own neighborhood, or tie walks to other weekly events. For instance, if you already meet your friends for coffee, start there and sip pre- or post-stroll.

5 Make it fun. "Read the same book or watch the same TV show and discuss it while you're walking," suggests Stanten. "If you don't know each other, do icebreakers to build relationships—more reason to keep on stepping."

Source: British Journal of Sports Medicine



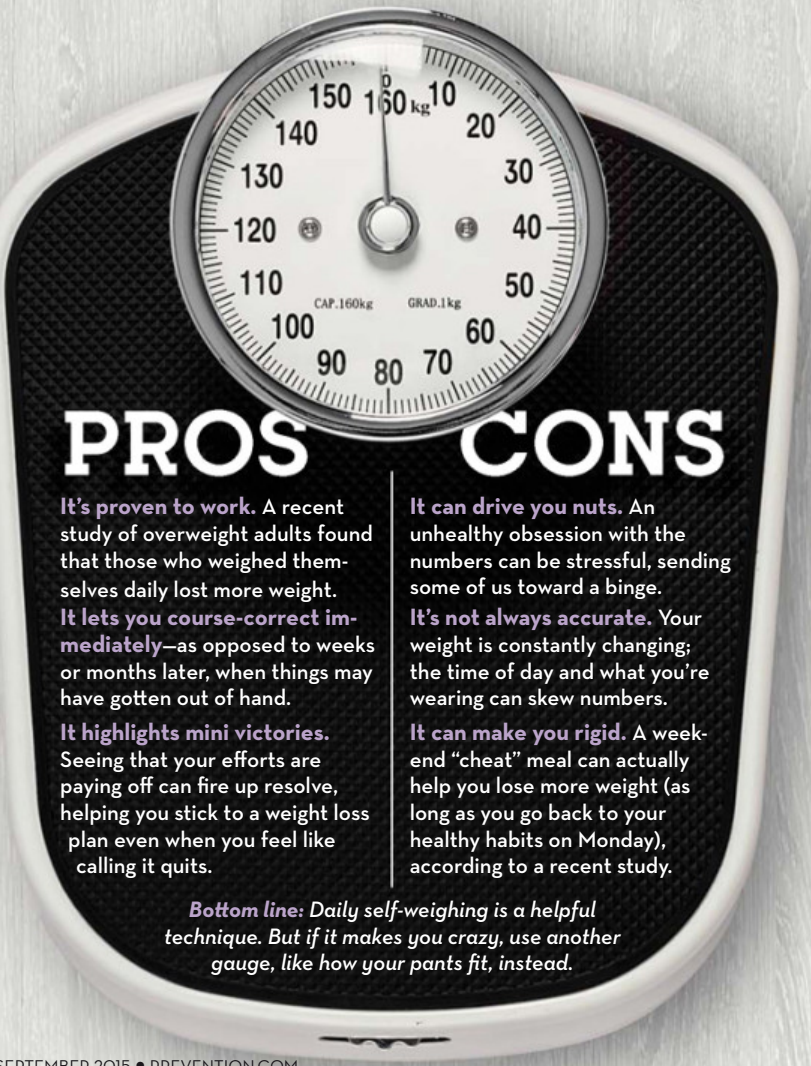
Skechers GOwalk, built from the top to the bottom with lightweight and flexible materials that allow your foot to flex and move naturally. It's the perfect walking shoe.

skechersGOrun.com

skechers GOwalk

Three Cheers for the...Scale?

New studies link successful weight loss to daily weigh-ins. Sound awful? We talked with the experts to determine if it's a vital tool or total torment.



PROS

It's proven to work. A recent study of overweight adults found that those who weighed themselves daily lost more weight.

It lets you course-correct immediately—as opposed to weeks or months later, when things may have gotten out of hand.

It highlights mini victories. Seeing that your efforts are paying off can fire up resolve, helping you stick to a weight loss plan even when you feel like calling it quits.

CONS

It can drive you nuts. An unhealthy obsession with the numbers can be stressful, sending some of us toward a binge.

It's not always accurate. Your weight is constantly changing; the time of day and what you're wearing can skew numbers.

It can make you rigid. A weekend "cheat" meal can actually help you lose more weight (as long as you go back to your healthy habits on Monday), according to a recent study.

Bottom line: *Daily self-weighing is a helpful technique. But if it makes you crazy, use another gauge, like how your pants fit, instead.*

BACKGROUND: ANATOLIY BABIY/GETTY IMAGES. SCALE: OZGURDONMAZ/GETTY IMAGES.
SOURCES: *AMERICAN JOURNAL OF PREVENTIVE MEDICINE; JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS; OBESITY FACTS*



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can affect your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

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TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

My DRY EYES

Swap and Sculpt Faster

The right moves make all the difference. Trade these common exercises for trainer favorites that turbocharge toning.

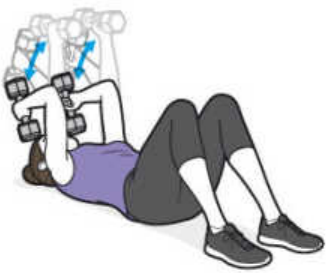
INSTEAD OF

Triceps Kickbacks



DO THIS

Skull Crushers



WHY: "It's much easier to keep your elbows steady in this position, so you can add more weight to really work the backs of your arms," says exercise physiologist Greg Justice.
PRO TIP: Start with 8- or 10-pound dumbbells and increase as needed.

INSTEAD OF

Squats



DO THIS

Plié Squats



WHY: "Squats are great, but many people can't do them correctly; a plié squat is easier to do with proper form and still targets the lower body," says exercise physiologist Brook Benten.
PRO TIP: Turn toes to 2 and 10 o'clock; track knees in same direction.

CHRIS PHILPOT

Ready to tone up? See more smart swaps trainers love at prevention.com/sculptfaster.

INSTEAD OF

Broomstick Side Bends



DO THIS

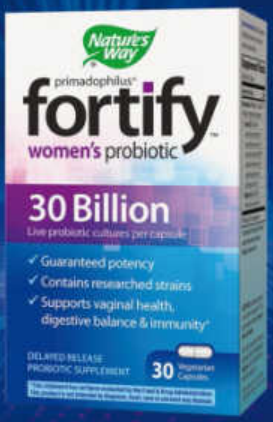
Side Planks



WHY: "Side planks require you to work a lot harder against gravity, consequently targeting your oblique muscles much more efficiently and effectively," says Justice.

PRO TIP: Flex feet, lift hips, and engage core to maximize toning power.

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Messina discovered that the striving, along with daughters Lindsey and Amanda, is what makes life fun.



I Know There Is Nothing I Can't Do

Lainie Messina was always self-assured in her career and life, but then she challenged herself to learn just how far confidence goes.

AS TOLD TO ELIZABETH SHIMER BOWERS
PHOTOGRAPHS BY DANIELA STALLINGER

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1

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solgar.com

US patent 6,716,814 is licensed by Albion Laboratories, Inc.



2

2. Nasacort

Nasacort Allergy 24HR relieves your worst nasal allergy symptoms, even congestion. It's non-drowsy, scent and alcohol free with no harsh taste.

nasacort.com



3

3. Flor•Essence

Try Flor•Essence, a gentle, organic detox that works to cleanse, stimulate and strengthen the whole body - leaving you with more energy, a brighter complexion, deeper sleep, better digestion, and a balanced, healthy body.

florahealth.com



4

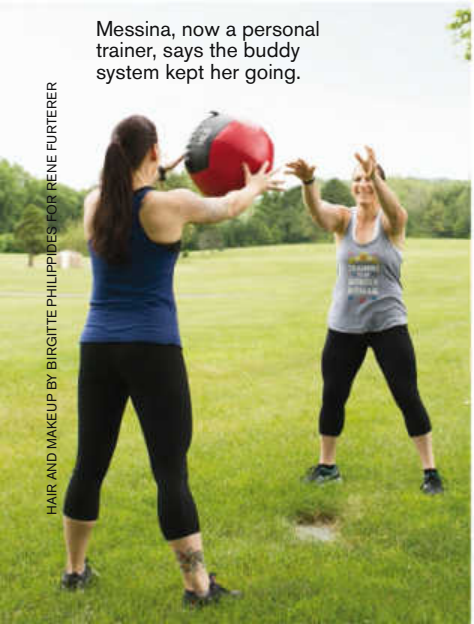
4. Rainbow Light

Rainbow Light®, the #1 most trusted natural vitamin brand, provides research-backed, superfood formulations to deliver optimal health benefits. Plant enzymes, probiotics and botanicals enhance digestion and nutrient absorption for a difference you can feel. 100% post-consumer-recycled EcoGuard™ packaging keeps over 10 million bottles from entering the waste stream every year.

rainbowlight.com

Visit prevention.com/attention.

My wake-up call came 2 years ago when I took on a new position consulting for health care facilities. It was disturbing to see how many patients were so badly off—often struggling with diabetes, obesity, or both—that they'd almost completely lost their ability to move around on their own. Some needed a mechanical lift to get in and out of bed. I was nearing 45, and the thought of losing my own health really scared me—and it popped up every time I looked in the mirror. I was 237 pounds. My hair had lost that healthy shine, and I'd totally given up on the athlete I'd been in high school. I knew that if I didn't do something soon, my fate probably wouldn't be any different, which wasn't the example I wanted to set for my two daughters. One night on my way home after another day spent mostly glued to a chair, I realized that I actually missed the rush of endorphins that I used to get after being active. It was time to get moving.



Messina, now a personal trainer, says the buddy system kept her going.

HAIR AND MAKEUP BY BIRGITTE PHILIPPIDES FOR RENE FURTERER

At first it was all about losing weight—I signed up for a 5K and huffed my way through it. It was painful, but training for the race motivated me. Then my friend Jen got me to go to the gym with her and eventually invited me to a CrossFit class. Knowing I could stick through that discomfort fueled me. I started working out for an hour or more, 6 days a week. I also changed what I ate, cutting out soda, fatty foods, and the bottle of wine I regularly shared with my husband 4 nights a week.

The real turning point came when Jen and I did our first obstacle course race, the Spartan Sprint at Tuxedo Ridge ski resort in New York. Picture steep mountain ascents, mud, and everything from rope climbs to barbed-wire crawls. At that race, I realized that fitness wasn't just about weight but was about inner strength, too.

I've done another 10 races in the 2 years since. Physically, I've transformed: My hair is shinier, my skin glows, and I've lost 77 pounds. But the most significant change is that I'm confident in all aspects of my life. I know there is nothing I can't do.

Irritable Bowel Syndrome with Constipation (IBS-C)



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C. **It is not known if LINZESS is safe and effective in children.**

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Actavis Ironwood

Linzess® (linaclotide) capsules 145 mcg • 290 mcg

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Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

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Based on PI LIN19696-F-RMC18356-07/14
LIN27530 07/14

Beauty

Better-Hair Chemistry • Key Makeup Updates

Shampoo Your Hair Stronger

Even if your beauty MO is pretty much the same as it was that week in Outward Bound, we're betting you do reach routinely for shampoo and conditioner. And new research confirms that the duo can yield shinier, stronger hair when they contain *chelants*, the ingredients that remove heavy metals like copper from strands so they won't split, break, or get dull when the metals oxidize in sunlight. Look for the common chelants disodium EDTA, tetrasodium EDTA, and sodium citrate on the backs of bottles before you buy.

Sources: Cosmetic chemist Jim Hammer, founder of Mix Solutions Consulting; International Journal of Cosmetic Science



Two to try: Tresemmé Perfectly (un)Done Shampoo ($5) and Hask Monoi Oil Nourishing Deep Conditioner ($6)

GALLERY STOCK





2 Steps to Youthful Feet—Without a Pedicure

Years of UV exposure, wearing snug shoes, and naturally slow skin-cell turnover mean age spots, calluses, and rough soles. Before you book a pricey pedi, try an at-home foot peel to (literally) shed the damage. A peel dissolves the "glue" that keeps dead cells intact so they detach without sanding.

BRIGHTEN SUN-DAMAGED TOPS OF FEET with 30 days of acid-rich wipe-downs using **Ever Reveal Biomimetic Peel Pads ($70 for 45)** or **Dr. Dennis Gross Alpha Beta Extra Strength Peel ($88 for 30)**.

REHAB DRY, TOUGH SOLES with a foot peel like **Baby Foot ($25)**, lactic- and fruit-acid-filled plastic socks that cause soles to peel for about a week—revealing smoother heels.

Source: Dennis Gross, MD, dermatologist in New York City

A Double-Chin Fix That Isn't Surgery



The treatment requires an average of 25 shots, spaced centimeters apart.

FATS WE LOVE: the kind in avocados. Fats we could do without: the stuff under our chins. The best solves used to be lipo or a full face-lift, with four- or five-figure price tags. So it's safe to say that **Kybella**—an injectable drug recently approved to permanently dissolve fat cells beneath the jawline in two or three 15-minute derm visits—is the easiest-to-swallow option. Not that it's a cinch: It costs $1,200 to $1,600 a session, and the injections leave the area fluid-filled for up to a week as you absorb the deoxycholic acid, a substance that cues fat breakdown and absorption. But if your double chin bugs you enough to brave the costs, redefining your neckline might be possible.

Source: Macrene Alexiades-Armenakas, MD, PhD, associate clinical professor at Yale University School of Medicine

FROM TOP: COURTESY OF EVER SKINCARE. GALLERY STOCK. COURTESY OF KYTHERA

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AWAKE TO THE POWER OF RETINOL

NEW Advanced Retinol Intensive Night Moisturizer delivers the proven anti-aging benefits of Retinol faster and stronger than ever before* — without the irritating side effects. Powered by patented NIA-114, Retinol and Copper Tripeptides, this super-charged formula helps restore skin to its healthiest state while you sleep.

After only 4 weeks:

94% felt smoother skin*

83% saw firmer skin*

88% felt nourished and hydrated skin*



*Based on instrumentation testing and consumer perception data

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3 New Ways to **Look Younger Now**

New research—and surging trends—have turned up some counterintuitive ways to look more youthful. Cop the benefits.



Instead of Darkening Brows: Lighten Them

Dark brows can seem harsh and aging. Ask your colorist to lighten arches a shade with permanent dye (it'll last 4 to 6 weeks), or try the effect with a brow gel like **Lancôme Modèle Sourcils ($25)** in a lighter hue.

Instead of Going Bare: Brush On Blush

Studies confirm it—flushed cheeks signal youth. Tap liquid foundation over cream blush, like **Flower Beauty Transforming Touch Powder-to-Crème Blush ($13)**, so it's natural, not garish.

Instead of Drying Glosses: Swipe On Lip Oils

Products like **Sephora Collection Lip Oil Infusion ($14)** plump, soften, and tint lips—with emollient botanical oils.

Sources: Michelle Radow, makeup artist in Los Angeles; Eva Scrivo, owner of Eva Scrivo Salons in New York City

DIMITRI OTIS/GETTY IMAGES

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by tipsntrends



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Next-Level Hot Tools to Update Your 'Do

The pristine spirals and stick-straight lengths of years past are being replaced by softer, more natural texture that's sexy, not severe. These next-gen tools can get 40+ hair all the way there.

THEN
Uniform, perfectly circular spirals and rolls

NOW
Full waves so natural, they just *might* have air-dried that way



GET THE LOOK

Use an oval-shaped wand without a clamp—like the **Remington T-Studio Silk Ceramic Oval Waving Wand ($25)**—for hair that's wavy, not curly, like Amy Adams's.

1. Hold the iron upright in one hand and the section of hair you want to curl (the larger the section, the looser the wave) in the other.
2. Wind the hair around the iron—the pieces near your face will look best if you pull them away from the face, but mix it up farther back to vary the look.
3. Hold for 5 to 8 seconds and release.

THEN
Flat, sheetlike hair—no bends or kinks allowed

NOW
Smooth, just-blown-out hair with plenty of volume



GET THE LOOK

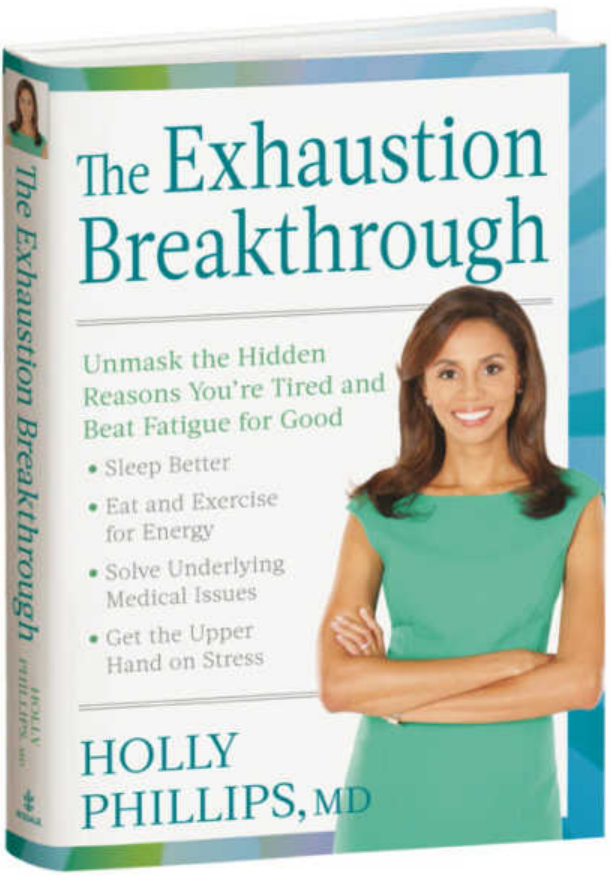
Use a heated hairbrush, like **Calista Tools Perfecter Pro Grip Heated Paddle Brush ($79)**, to tame frizz and add body.

1. To steal Eva Mendes's sleek, soft look, divide hair into sections roughly 2 inches wide and 1 inch thick.
2. Grip the ends as you slowly brush the paddle through the hair from underneath, from root to tip.
3. Brush top sections forward, then upward, and hold for 5 seconds to lift hair at the crown and hairline.



HAIR PRODUCTS: RYAN OLSZEWSKI. AMY ADAMS: JASON MERRITT/GETTY IMAGES. EVA MENDES: ALBERTO E. RODRIGUEZ/GETTY IMAGES

Tired of being exhausted all the time?



FATIGUE IS NOT NORMAL, although many of us accept it as just the way things are. Now you can take control with *The Exhaustion Breakthrough*. Holly Phillips, MD, guides you through the array of factors that affect your energy levels and offers you a path to a more vibrant, fully engaged life free from exhaustion.

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RODALE

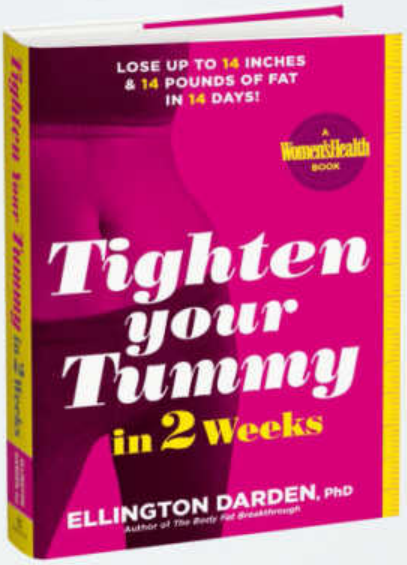
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FLAT, SEXY ABS **NOW**!

DROP 14 POUNDS IN 14 DAYS!

***Discover the secret to a* tighter tummy, lean legs, *and a* sexy butt *in* 2 weeks!**



Unveil your bikini body with Dr. Ellington Darden's *Tighten Your Tummy in 2 Weeks* program, a revolutionary system that targets stubborn belly fat. This special, twice-a-week workout and diet plan (that allows carbs!) is easy to incorporate into your busy life for fast results!



RODALE

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With savvy, suspicious, beauty-conscious you in mind, we tapped our panel of MDs and chemists, an independent lab, and real 40+ women for no-holds-barred feedback on more than 1,100 new beauty products. The winners' cutting-edge claims—even the ones that made us go, "You're kidding, right?"—held up under our intense scrutiny.

Behold this year's 21 survivors.

BY JESSICA CHIA PHOTOGRAPHS BY STEVE GIRALT

Toned down pigmentation issues in 4 weeks!



PERFECT SHADES

Beauty Prevention Awards

Cosmetic chemists examined contenders' ingredients and technologies, while a panel of women age 40+ put them to the test.



1. FOUNDATION Testers were swiping extras of **Bobbi Brown Intensive Serum Skin Foundation ($62)** for two good reasons: It won't settle into fine lines, and it tones down pigmentation flaws like age spots and pimple scars (with the help of botanicals like lychee and bamboo grass) in 4 weeks.

2. LIP COLOR The creamy, glossy **Lancôme Shine Lover Vibrant Shine Lipstick ($25)** is so high in fatty acids that testers started using it instead of lip balm—and stashing it everywhere.

3. BLUSH The soft-focus technologies in **L'Oréal Paris Visible Lift Blur Blush ($13)** impressed our experts and our testers. It blends right in, leaving no chance for clown cheeks—even if you apply without your reading glasses on.

4. BROW PRODUCT Some tools create arches that look like the work of a fresh Sharpie (yikes), but testers who tried **Maybelline New York Brow Precise Shaping Pencil ($8)** said it was easy to use, looked natural, and was long lasting.



5. CONCEALER Laneige Watery Cushion Concealer ($20) is lightweight and has a mess-free sponge-tip applicator that practically does the work of blending for you. The extra moisture and SPF make it a slam dunk for drier, UV-damage-susceptible 40+ skin, Ginger King says.

6. MASCARA Benefit Cosmetics Roller Lash Mascara ($24) supersizes fine 40+ lashes and won't smudge or budge because a blend of film-forming polymers holds the curl all day long, says Ni'Kita Wilson. Testers said their eyes looked years younger—and flirtier.

EXPERTS

Kelly Dobos, cosmetic chemist and member of the James L. Winkle College of Pharmacy Board of Advisors at the University of Cincinnati; **Ginger King**, cosmetic chemist; **Salma Pothiawala, MD**, dermatologist at Schweiger Dermatology; **Ni'Kita Wilson**, cosmetic chemist

STYLING BY ALMA MELENDEZ

FLAWLESS FACE

Beauty Prevention Awards

Derms used Visia machines to get firm data on how a month's trial fixed wrinkles and problems with texture and pigment.

1. AT-HOME TEETH WHITENER Colgate Optic White Platinum Express Toothpaste ($5) promised a brighter smile after only 3 days of brushing with the hydrogen peroxide paste. To our expert dentist's surprise, you can bank on whiter teeth by the weekend if you start brushing with it Wednesday morning.

2. DAILY LOTION + SPF Skinceuticals Physical Matte UV Defense SPF 50 ($34) is impossible to rub off (we tried), and instead of giving you a white glow, it improves the look of skin, blurring imperfections and dulling redness.

3. NIGHT CREAM Olay Regenerist Luminous Overnight Mask ($26) is the opposite of the traditional thick, heavy night cream. A sheer gel, it



checks the hydration and softness boxes but won't make you look like you buttered your face—and pillowcase—in the process.

4. FACIAL CLEANSER When face wash is really good, it does more than just remove the remains of the day. More than one tester noticed smoother skin texture after washing with chamomile- and daisy-flower-containing **Jurlique Herbal Recovery Antioxidant Cleansing Mousse ($34)** daily.

5. EYE CREAM Overachiever alert: **Amore-Pacific Intensive Vitalizing Eye Essence ($95)** reduced wrinkles around testers' eyes by 11.8% in just 4 weeks—nearly double competing creams' scores.

6. DAILY ANTI-AGER When a derm told us the wrinkle-relaxing peptides in **Dr. Brandt Needles No More Instant Wrinkle Relaxing Cream ($89)** make it a solid alternative to Botox (*sayonara*, crow's-feet!), we grabbed a bottle. Or two.

EXPERTS
Joseph Banker, DMD, cosmetic dentist; **board-certified dermatologists: Macrene Alexiades-Armenakas, MD, PhD**, associate clinical professor of dermatology at Yale School of Medicine; **Dendy Engelman, MD**, director of dermatologic surgery at New York Medical College; **Marina Peredo, MD**, associate clinical professor of dermatology at Mount Sinai Hospital; **Joshua Zeichner, MD**, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital

FROM TOP: BALLYSCANLON/GETTY IMAGES; TS PHOTOGRAPHY/GETTY IMAGES


1
Colgate
OPTIC WHITE
EXPRESS WHITE
2
6
11.8%
eye wrinkle
reduction
after
4 weeks!
AMOREPACIFIC
5
3
Jurlique
4


4
new
Aveeno
ACTIVE NATURALS
daily moisturizing
lotion
sheer hydration
absorbs in seconds
with a powder-like feel
hydrates for 24 hours
fragrance free
DERMATOLOGIST
RECOMMENDED
12 fl oz (350 mL)
1
MOROCCANOIL
50
SUN LOTION
Firmed
skin in
1 month!
2
3

YOUNGER SKIN

Derms judged hopefuls on hydration (using a corneometer device), firmness, and tone in patients over 40.

Beauty Prevention Awards



1. BODY SPF Stacy Chimento deemed this sunscreen a total-body anti-ager, and for good reason: Women who tested **Moroccanoil Sun Lotion SPF 50 ($32)** showed up with firmer, less-pigmented, and all-around more youthful-looking skin after only 4 weeks. Oh, right, and no sunburn.

2. NECK/DÉCOLLETAGE TREATMENT The ginger root–spiked **StriVectin TL Advanced Tightening Neck Cream ($95)** does for your neck and jawline what you imagine a foray into Pilates would do for your tush: tighten, firm, and lift. Minus the can't-walk-up-stairs soreness you'd suffer the next day, of course.



3. BODY CLEANSER Our testers were so impressed with **CeraVe Hydrating Cleanser Bar's ($7)** smooth, creamy lather that one reported buying in bulk to stock up at home. We're following suit.

100%
Score given by expert Joel Schlessinger to the winning Aveeno Daily Moisturizing Lotion for its superior performance

4. BODY MOISTURIZER Aveeno Daily Moisturizing Sheer Hydration Lotion ($7) hit all the high notes with our testers: The oatmeal-enriched formula sank in quickly, eliminated scaly skin in one slathering, had a light scent, and lasted all day. The result? Nearly perfect scores across the board.



EXPERTS
Stacy Chimento, MD, board-certified dermatologist at Diane Walder MD;
Gary Goldenberg, MD, board-certified dermatologist and dermopathologist and medical director of Mount Sinai Dermatology Faculty Practice;
Joel Schlessinger, MD, board-certified dermatologist at Skin Specialists PC

OATS: ROMANKORYTOV/GETTY IMAGES. JAR: COURTESY OF STRIVECTIN

HAPPIER HAIR

Some products went through a battery of tests at Bria Research Labs, while others were used by stylists on choosy (paying!) customers at John Barrett Salons in NYC.

Beauty Prevention Awards



1. CONDITIONER
More manageable hair is all in the...physics? **Dove Youthful Vitality Conditioner ($5)** was proven with a drag-force-measuring tool at Bria Labs to reduce friction a whopping 19% better than rivals did, thanks to emollients like coconut oil.

2. SHAMPOO
We shipped shampoos to Bria Labs to test just how shiny they made hair, and the omega-3–infused **Tresemmé Youth Boost Youthful Fullness Shampoo ($5)** easily outshone controls—and competitors.



3. AT-HOME HAIR DYE
Revlon Luxurious ColorSilk Buttercream ($5) delivered rich color with plenty of dimension, even on tough-to-tackle all-gray hair. Plus, the mild smell won't send your family running.

86%
The reduction in combing friction in hair treated with Dove's winning conditioner

4. THICKENING STYLER
The sea salt–containing **Schwarzkopf Essence Ultime Biotin+ Volume & Vitality Hair Filler Serum ($7)** makes hair thicker, fuller, and shinier without drying it out, leaving a sticky residue, or making you look like a newscaster.



5. THICKENING TREATMENT Experts agree the active ingredient in **Women's Rogaine 5% Foam with Minoxidil ($30)** is pretty much the only one clinically proven to regrow thinning hair. But unlike competitors, this won our testers over with an innovative foam formula that minimizes the drippy application process. Bonus: the pretty bottle they didn't have to stash out of sight.

EXPERTS
Bria Research Labs; **John Barrett**, master stylist and founder of John Barrett Salons; **Sachin M. Shridharani, MD**, plastic surgeon

DRIP: MACIEJ TOPOROWICZ NYC/GETTY IMAGES


Improved shine
2.5 times better
than rivals!
1
Dove
ADVANCED HAIR SERIES
youthful VITALITY
for aging hair
CONDITIONER
2
TRESemmé
EXPERT SELECTION
YOUTH BOOST
NEW
RECHARGES
YOUTHFUL FULLNESS
SHAMPOO
3
REVLON
LUMINOUS COLORSILK
2
REVLON
LUMINOUS COLORSILK
1
4
ULTIME
5
Rogaine

BRAND SPANKING NEW!

Fall in L♥ve at first Bite



A crunchy, bite-sized snack made with the goodness of **Hemp Hearts**, organic sweeteners, and a touch of sea salt. With 10g of protein & 10g of omegas per 45g serving, it's the ideal choice for nutritious and delicious snacking on-the-go!



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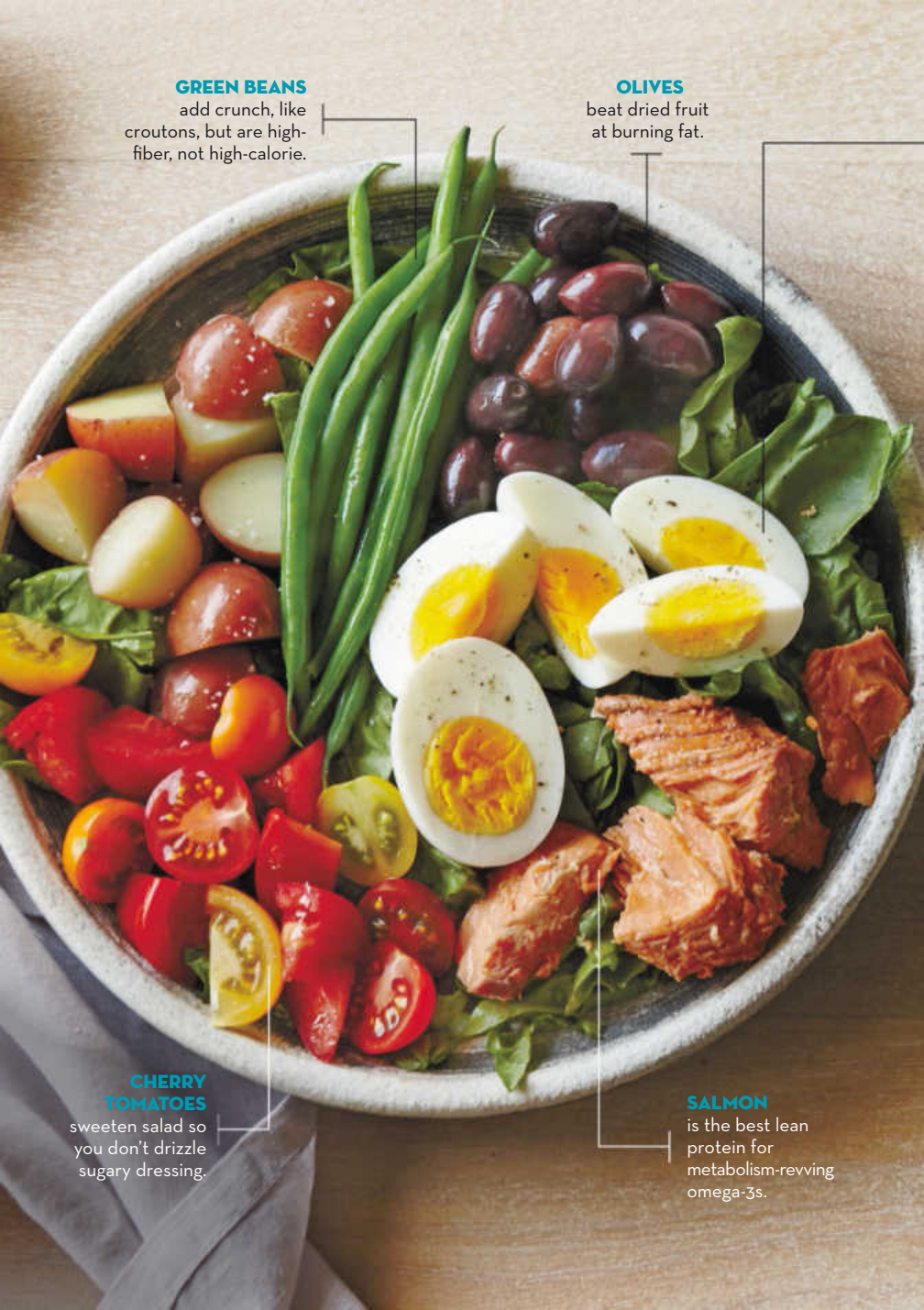
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better nutrition. simplified



“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

—Julia Child

TRINETTE REED/STOCKSY


GREEN BEANS
add crunch, like croutons, but are high-fiber, not high-calorie.
OLIVES
beat dried fruit at burning fat.
CHERRY TOMATOES
sweeten salad so you don't drizzle sugary dressing.
SALMON
is the best lean protein for metabolism-revving omega-3s.

EGGS trigger you to absorb more nutrients.



EAT CLEAN STAY LEAN WITH SALAD

Salad is the ultimate healthy meal—when it's not packed with sugar, fake fats, and pesticides. Before you dress another bowl that you *think* is good for your health and waistline, see how spectacularly nutritious (and shockingly delicious) a salad truly can be, from our awesome new book *Eat Clean Stay Lean*. Now dig in!

BY THE EDITORS OF *PREVENTION*

Start out very smart.



HOW COULD GREENS possibly be unclean? Lettuce count the ways! Choose the wrong bunch and you could get chemicals, along with a side of pathogens that can make you sick. Greens and veggies grown in rows have caused more than one-third of all *E. coli* sicknesses in the US in the past 5 years, says a government report.



✷

NOT CLEAN

REGULAR BAGGED GREENS

Conventional bagged greens are often washed with a mix of chlorine and water—not exactly appetizing—and, even worse, they may contain residues of pesticides and fertilizers that no amount of washing can remove completely (some are taken up by plants' roots).



✷✷

CLEAN

ORGANIC BAGGED GREENS

Free of pesticides and chemicals, these are a good backup when local's not available. But they can be 2 weeks old by the time you buy them, meaning fewer nutrients, and an investigation found that even organic brands may contain high levels of dangerous bacteria.



✷✷✷

CLEANEST

LOCALLY GROWN ORGANIC GREENS

Local organic greens that aren't prebagged can pack up to 4 times as many antioxidants as precut, washed, and bagged varieties, which lose nutrients in transit. No bag also means they're less likely to encourage growth of the pathogens that can make you sick.

CLOCKWISE FROM TOP: TASTYART/GETTY IMAGES. MITCH MANDEL (2). STEFANO OPPO/CORBIS

Salmon Niçoise

SERVES 2
PREP TIME: 20 minutes
TOTAL TIME: 20 minutes

6 sm red potatoes, quartered
½ lb green beans
2 c spinach, chopped
¼ c fresh basil
3 hard-boiled eggs, peeled and quartered
4 oz can wild salmon, drained
1 med tomato, cut into bite-size wedges
½ c kalamata olives

1. Place potatoes in microwaveable bowl and cover with lid or wax paper. Microwave until fork-tender, 5 to 7 minutes. Sprinkle with salt to taste.
2. Blanch green beans in small pot of boiling water 2 to 3 minutes. Drain and plunge into ice water.
3. Divide spinach and basil between 2 plates. Divide potatoes, green beans, eggs, salmon, tomato, and olives between plates, placing each ingredient in a small section. Dress with your favorite homemade vinaigrette.

NUTRITION (per serving) 678 cal, 33 g pro, 99 g carb, 14 g fiber, 13 g sugars, 19 g fat, 4.5 g sat fat, 1,095 mg sodium



CLEAN EATING JUST GOT EASIER

Try all you want to avoid pesticides, sugar, and GMOs, but you're still getting duped by confusing claims, hidden chemicals, and faux "healthy" labels. No longer: ***Eat Clean Stay Lean*** is *Prevention*'s clarifying new guide to dirty, clean, and superclean versions of 50 popular foods, plus we throw in **150 recipes ($22; *prevention.com/ecsl*)**.



PREVIOUS SPREAD AND THIS PAGE: PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY HEATHER MELDRUM; PROP STYLING BY CARLA GONZALEZ-HART. BOOK COVER: MITCH MANDEL

Add crunch, not junk.



PERMISSION TO GO NUTS! Adding the cleanest versions of these pint-size superfoods to your salad delivers up to 6 g of protein and 3 g of fiber per serving—way more than carb-heavy croutons or sugar-packed raisins. Nuts have even been shown to keep you so full that you eat less at your next meal, a phenomenon known as the second-meal effect. But keep it simple—the wrong choice can result in excess salt, sugar, and sketchy oils.



✷

NOT CLEAN

OIL-ROASTED OR SUGARCOATED NUTS

Most conventional nuts are roasted in unhealthy oils and coated in sugar or salt. In addition to packing a few extra calories, 95 mg more sodium, and some pesticides, these nuts are cooked in oils that are often extracted from genetically modified canola seeds or soybeans using a toxic chemical called hexane.



✷✷

CLEAN

CONVENTIONAL RAW OR DRY-ROASTED NUTS

While conventional nuts are usually raised with pesticides, their tough outer shells act as natural barriers, so they generally contain lower levels than other conventional produce. Choose raw or dry-roasted (those roasted without oil) so that you don't get a dose of chemically extracted oils in every crunchy bite.



✷✷✷

CLEANEST

ORGANIC RAW OR DRY-ROASTED NUTS

Organic raw or dry-roasted nuts aren't treated with pesticides or loaded with added sugars or salt. If you can't say no to oil-roasted nuts, though, at least choose organic, which are cooked in healthier expeller-pressed oils, not the chemically extracted ones often used in conventional nuts.

FROM TOP: DUCKYCARDS/GETTY IMAGES; MITCH MANDEL (3)

Arugula Salad with Zucchini Ribbons

SERVES 2
PREP TIME: 15 minutes
TOTAL TIME: 15 minutes

4 c arugula
1 sm zucchini (or ½ lg)
⅔ c pecan halves (2 oz)
⅓ c salted, roasted sunflower seeds
1 oz Parmesan, shaved
1 lemon, halved
2 Tbsp freshly grated orange zest
¼ c extra virgin olive oil

1. Place arugula in large bowl. Using vegetable peeler, shave zucchini to make ribbons. Top arugula with ribbons.
2. Sprinkle with pecans, sunflower seeds, and cheese. Squeeze lemon over salad. Sprinkle with zest and drizzle with oil. Serve immediately.

NUTRITION (per serving) 398 cal, 14 g pro, 13 g carb, 6 g fiber, 4 g sugars, 35.5 g fat, 5.5 g sat fat, 333 mg sodium



MITCH MANDEL

Pick a cleaner protein.

LEAN, LOW-CALORIE PROTEIN that doesn't need to be cooked? That's one reason we love the cleanest canned fish, along with its heart-healthy omega-3 fats. But some canned fish can be big on toxins like mercury, so choose your species wisely. Then opt for one that hasn't been packed in a can with BPA, a synthetic chemical linked to weight gain, heart arrhythmias, certain cancers, asthma, and other health problems. Look for "BPA-free" on the label.



✶

NOT CLEAN

WHITE OR ALBACORE TUNA

Most canned white or albacore tuna contains up to 3 times the mercury of light tuna and is lower in omega-3s than canned salmon. But if you refuse to give up your go-to salad topper, choose a brand that sources low-mercury tuna and uses BPA-free lined cans, like Wild Planet.



✶✶

CLEAN

LIGHT TUNA

Light tuna, which is lower-mercury skipjack tuna, contains fewer calories than white or albacore tuna, has less sodium, and has more vitamin B_{12}, selenium, and iron. Safe Catch Elite Wild Skipjack is a great pick—it comes in a BPA-free lined can, and every tuna has been tested to ensure low mercury.



✶✶✶

CLEANEST

CANNED SALMON

Canned salmon has more of the omega-3s DHA and EPA, essential for brain health, than other canned fish (about 1,100 mg of omega-3s in a 3.5-ounce serving). And because salmon is lower on the food chain, it's likely to contain fewer toxins like mercury than tuna. We like Wild Planet Wild Pacific Sockeye Salmon.

FROM TOP: ROSS DURANT/GETTY IMAGES. MITCH MANDEL (3)

Thai Turkey Salad

SERVES 2
PREP TIME: 20 minutes
TOTAL TIME: 20 minutes

TURKEY
2 Tbsp coconut oil
½ lb ground turkey
4 Tbsp fresh lime juice
2 Tbsp tahini
1 Tbsp rice vinegar
6" piece lemongrass, thinly sliced into coins
1" piece fresh ginger, grated
1 clove garlic, grated
Dash of cayenne (optional)

SALAD
2 c spinach, chopped
1 red bell pepper, cut into matchsticks
¼ sm head red cabbage, thinly sliced
¾ c snow peas (2 oz)
4 or 5 lg fresh basil leaves, thinly sliced, + sprigs for garnish
¼ c salted, roasted peanuts, chopped

1. Make turkey: Heat oil in skillet over medium-high heat. Add turkey and break up with wooden spatula. Add lime juice, tahini, vinegar, lemongrass, ginger, garlic, and cayenne (if using). Cook until no pink remains. Remove from heat and cover.
2. Make salad: Layer spinach, bell pepper, cabbage, and snow peas on 2 plates. Stir basil into turkey mixture. Divide into 2 portions and top each salad. Top with peanuts, garnish with basil sprigs, and dress with a vinaigrette.

NUTRITION (per serving) 463 cal, 40 g pro, 25 g carb, 7 g fiber, 9 g sugars, 26 g fat, 8.5 g sat fat, 184 mg sodium

MITCH MANDEL



Add only good eggs.



HARD-BOILED EGGS ADD PROTEIN and healthy fat to your salad and can help you absorb 8 times more carotenoid antioxidants from veggies. But eggs produced by grain-fed chickens raised in cramped indoor cages aren't nearly as nutritious, safe, or humane as eggs produced by happy hens that roam freely in the sunshine and nosh on a natural diet. Here, make sense of the confusing labels.



✷

NOT CLEAN

CONVENTIONAL EGGS

Not only are conventional eggs less nutritious than pasture-raised, but studies show they have higher levels of *Salmonella* than cage-free eggs. The cramped cages stress out hens (which lowers their natural immunity) and are difficult to disinfect (which attracts more disease-carrying insects and rodents).



✷✷

CLEAN

CAGE-FREE EGGS

Cage-free eggs come from hens that can spread their wings and lay eggs in nest boxes—closer to their natural behavior. Conditions are usually more sanitary, but hens can be fed pesticide-treated grain. Look for a third-party certification seal such as "Certified Humane" or "Animal Welfare Approved."



✷✷✷

CLEANEST

PASTURE-RAISED ORGANIC EGGS

Research shows pasture-raised eggs from hens that hunt and peck outside for grass and insects (and eat some organic feed) can contain 2.5 times the omega-3s and 2 times the vitamin E of conventional. Opt for a pasture-raised-certified brand such as Vital Farms Pasture-Raised Organic Eggs.

FROM TOP: FRANK CHEN/GETTY IMAGES; MITCH MANDEL (3)



MITCH MANDEL

Fruit & Walnut Spinach Salad

SERVES 2
PREP TIME: 15 minutes
TOTAL TIME: 15 minutes

3 c baby spinach
¾ c halved red grapes
½ c halved strawberries
½ c blueberries
¼ c chopped walnuts
¼ c crumbled Gorgonzola (1 oz)

Combine all ingredients in large bowl. Toss gently with your favorite vinaigrette to coat.

NUTRITION (per serving) 235 cal, 7 g pro, 25 g carb, 5 g fiber, 15 g sugars, 14 g fat, 4 g sat fat, 252 mg sodium

Dress up to slim down.



DON'T LET A DRIZZLE DERAIL YOUR DINNER. You wouldn't put a bumper sticker on a Bentley, would you? Then why would you pour an unhealthy dressing on a first-class designer salad? Most store-bought brands are full of sugar, chemical emulsifiers, artificial colors and flavors, and genetically modified oils. For three healthy DIY dressings to give your salad a zing, see p. 50.



✶

NOT CLEAN

CONVENTIONAL STORE-BOUGHT DRESSING

Most of the dressings are loaded with added sugar, artificial colors, and preservatives. The bulk of these oils come from genetically engineered soy or canola, which are grown using massive amounts of pesticides that can wind up in your food (and have unknown health effects in humans).



✶✶

CLEAN

ORGANIC OR NON-GMO STORE-BOUGHT DRESSING

Look for an organic or non-GMO bottled dressing with nothing synthetic, less than 5 g of sugar per serving, and some fat, which will help you absorb the nutrients in veggies. One that fits the bill: 365 Everyday Value Organic Herbes de Provence Vinaigrette.



✶✶✶

CLEANEST

HOMEMADE DRESSING OR OIL AND VINEGAR

Homemade vinaigrette lets you drop sugar, salt, preservatives, chemicals, and other funky additives. Olive oil and vinegar can also boost the nutrition of your bowl: Olive oil contains anti-inflammatory monounsaturated fats, while apple cider vinegar consumed before a carb-heavy meal can reduce blood sugar spikes.

MITCH MANDEL

DID YOU KNOW?

50¢ Cost per egg even if you pay $6 for an organic, pasture-raised dozen, making eggs one of the most cost-effective animal proteins.

23 g Sugar saved by swapping ¼ cup of raisins for almonds.

338 mg That's about how much sodium you'll save—23% of your recommended daily intake!—by swapping your store-bought Caesar for a simple DIY one.

Organic Produce?

IT'S WORTH EVERY PENNY. Conventional fruits and vegetables are often grown in low-nutrient soil and may come in contact with pesticides, fungicides, herbicides, and sewage sludge (yep, that's treated human waste). Here are just a few ways eating organic is worth your hard-earned dough.

REDUCE EXPOSURE to cadmium, a toxic metal in fertilizer, by up to 48% when you choose organic, says a recent meta-analysis in the *British Journal of Nutrition*.



GET UP TO 40% MORE antioxidants eating organic produce than conventional. An all-organic diet delivers the equivalent of two extra servings of fruits and veggies daily, finds the same meta-analysis.

LOWER PESTICIDE levels by up to 65%—that's how much higher levels of a pesticide breakdown product were in the urine of people who regularly ate conventional produce, according to a recent study in *Environmental Health Perspectives*.

WANT MORE CLEAN TIPS? Buy the book, in which we break down the top picks for 50 popular foods ($22; *prevention.com/ecsl*).



PHOTOGRAPH BY JASON VARNEY; FOOD STYLING BY HEATHER MELDROM; PROP STYLING BY CARLA GONZALEZ-HART. BOOK COVER: MITCH MANDEL



WANT TO MAKE ALL THIS? Head to *prevention.com/paleo-recipes.*



In defense of PALEO

THE PALEO DIET is so popular that haters love to hate it as loudly as lovers proclaim its powers. One Paleo eater (and *Prevention* editor) reveals how to enter the cave safely and heal what ails you.

BY STEPHANIE ECKELKAMP
PHOTOGRAPHS BY JASON VARNEY

I'm not usually very trendy. I've never done hot yoga, kale made me gag once, and for the life of me, I can't comprehend why anyone would ever do a juice cleanse. But somehow I've become a willing participant in one of the biggest dietary movements of the decade: the Paleo diet.

Unless you've been living under a rock, you've heard about Paleo, the most Googled diet of the past 2 years (6.5 million searches in 2014 alone). The rules are, in short: Stop eating all grains, soy and other legumes, dairy products, refined sugars, and any processed product containing those foods. Instead, eat lots of organic (when possible) vegetables, grass-fed animal meat, fresh seafood, nuts, seeds, berries, and anything else our Paleolithic ancestors could have scoured off the earth.

That may sound restrictive and, well, soul-sucking, but plenty of people have credited the diet with helping them lose weight as well as boosting their health and energy. Of course, it helps that many celebrities now tout Paleo's primacy: Matthew McConaughey, Uma Thurman, LeBron James, and even former-vegan-turned-steak-eater Anne Hathaway.

But why on prehistoric earth would you give up yogurt, beans, oatmeal, hummus, and all the other healthy foods that have been advocated by nearly every other diet in the past 4 decades but are no-no's on Paleo? The theory is, our bodies haven't evolved to properly digest these "modern" foods, which became widely consumed only upon the advent of agriculture 12,000 years ago—a relative flash in the pan in the scheme of human history. Nutritionists, doctors, and scientists who support the diet maintain that these recent foods have contributed to the systemic inflammation, digestive problems, heart disease, obesity, autoimmune diseases, and diabetes that now top the list of our medical problems.

That premise may feel gimmicky, but it's also intriguing, right? That's what I thought in 2012 when, after zero deliberation, I decided to give the diet a whirl in an attempt to find something (anything!) to alleviate the crippling joint pain I'd been dealing with for 2 years—or at least something that would stop the cycle of bawling and kettle-corn consumption I was caught in as a result of my able-bodied life grinding to a halt. Before I reveal how my achy ankles and fragile mental state fared, let's look at all the reasons I probably should have asked around before embracing my inner cave girl.

Indeed, some really smart people, legitimate giants in the nutrition world, think Paleo is a load of bull. Some anthropologists take issue with the mere premise of the diet, arguing that there was never one common eating approach among Paleolithic man but several based on geography and food availability. One of the most vocal to

FOOD STYLING BY CARRIE PURCELL; PROP STYLING BY CARLA GONZALEZ-HART


The Paleo Promise
Research on the diet indicates that it can cut inflammation and cholesterol while shrinking belly fat and helping to prevent disease.



Make Dinner the Paleo Way

Aim for a palm-size portion of animal protein, two handfuls of nonstarchy veggies, a fist-size portion of starchy plants, and one or two thumb-size portions of fat, says holistic nutritionist Laura Schoenfeld. Don't count calories.

argue this is Marlene Zuk, an evolutionary biologist at the University of Minnesota, whose book *Paleofantasy: What Evolution Really Tells Us about Sex, Diet, and How We Live* argues that as human evolution didn't stop in the Paleolithic period, no one should assume this is the ideal diet for everyone. Another part of her rationale: Evolution isn't always excruciatingly slow, taking place in "tiny steps over hundreds of thousands of years," she writes. "In just the last few years we have added the ability to function at high altitudes and resistance to malaria to the list of rapidly evolved human characteristics." If that can happen, she argues, then we've probably evolved to handle a little bread and pasta now and then.

Beyond those who call Paleo flawed in its premise, there are scores of doctors and nutritionists who rail against the plan for health reasons. Earlier this year, *U.S. News & World Report* ranked the Paleo diet dead last in its annual Best Diets rankings. According to its panel of experts: "By shunning dairy and grains, you're at risk of missing out on a lot of nutrients." They also questioned the diet's effect on heart health, adding, "If you're not careful about making lean meat choices, you'll quickly ratchet up your risk of heart problems."

When I asked a nutritionist if she agreed, she said yes. "Diets void of dairy could be lacking in calcium and vitamin D, and numerous studies show the health-promoting and weight loss benefits of whole grains," says Jen McDaniel, a spokesperson for the Academy of Nutrition and Dietetics. "Further, meat eaters tend to have higher BMIs, which are associated with a number of chronic diseases."

One of the biggest household names to endorse the sentiment that more meat and fat equals higher health risks is doctor Dean Ornish, who, as founder of the nonprofit Preventive Medicine Research Institute, has for years been touting the benefits of a plant-based diet low in fat and high in whole grains. In a recent op-ed in the *New York Times*, Ornish vehemently argued against Paleo-type diets, citing a handful of observational studies showing that "animal protein may significantly increase the risk of premature mortality from all causes, among them cardiovascular disease, cancer, and type 2 diabetes."

The list of experts challenging Paleo got even more distinguished when nutritionist Marion Nestle, author of the blog Food Politics, questioned the diet in a *Wall Street Journal* article titled "Is the Paleo Diet Healthy?" For Nestle, the diet asks people to give up too many foods for too dubious health benefits to be advantageous or sustainable. "Restricting whole food groups can take some of the joy out of eating by forcing people to give up foods that they love or that are part of their cultural heritage," she said.

Those cons leave aside the diet's seemingly least defensible attribute—its environmental unsustainability.

"An emphasis on meat, whatever the kind of meat, is simply not tenable for a population of 7 billion—period," says David Katz, director of the Prevention Research Center at Yale University. "So Paleo is a diet for a very select few. Why not instead transition to a diet known to be both healthy and sustainable?"

Yikes.



fter all that, any logical human might wonder why we haven't collectively excommunicated the diet. I likely wouldn't have tried it if I'd known all of the above before diving in. But then I wouldn't have had the joy of following what might be called a backlash to the backlash. Recently, alongside critics citing flaws, loads of other intelligent people began marshaling the evidence that it's one of the healthiest ways to eat. These megafans not only cite the growing body of research on the diet's disease-fighting benefits, but also point out that the superstrict version of Paleo that's drawn so much fire is simply a starting point. Paleo's refreshing secret, they say—and I say it, too, after talking with doctors, scientists, and the real women who have lived it—is that it can and perhaps should be done flexibly, like any other healthy way of eating. This notion of a modifiable Paleo has been lost in the wilderness of finger-pointing. But it's excellent news for those desperate to find a diet that finally "works for me, gosh darn it!"

To reduce inflammation, stabilize your blood sugar, cut LDL ("bad") cholesterol, help prevent chronic illnesses like diabetes and heart disease, and even shrink belly fat, consider Paleo. That's the conclusion, at least, made by the authors of several randomized controlled clinical trials and studies of the diet. One from *JACC: Cardiovascular Interventions* showed that, compared with those who followed the Mediterranean or DASH (a plan heavy on whole grains and low in fat designed to lower high blood pressure) diet, people who followed a Paleo or, ironically, a vegan diet for 60 days showed the greatest improvements in heart disease risk factors like high LDL cholesterol and triglycerides and lost the most weight. That's right, Paleo was comparable to a vegan diet, which shuns all the animal-based products that we've been told are associated with heart disease. Another recent study in the *European Journal of Clinical Nutrition* found that over 6 months, obese postmenopausal women on a Paleo diet lost more fat, particularly stubborn belly fat, than those on the much-touted Nordic diet, which allows grains, dairy, and beans.

Wait a few more decades, predicts Gary Taubes, and the evidence in favor of Paleo should be more conclusive. The author of *Good Calories, Bad Calories*, he's an investigative journalist whose writing has helped shift the blame for obesity and chronic disease away from dietary fat and onto carbs and sugar. Right now, says Taubes, long-term clinical trials that can establish the diet's



A Day in My Paleo Life

BREAKFAST
A 2-egg and spinach scramble topped with sauerkraut or kimchi, and a coffee (either black or blended with a bit of coconut oil)

SNACK #1
Epic brand meat-based protein bar and sliced carrots

LUNCH
A "kitchen sink" salad loaded with mixed greens, avocado, cherry tomatoes, red cabbage, sunflower seeds, and chicken, topped with olive oil and balsamic vinegar

SNACK #2
Plain kombucha tea, roasted mixed nuts, and an apple

DINNER
Grilled chicken or salmon and a blend of roasted starchy and non-starchy veggies like sweet potatoes, brussels sprouts, and beets

DESSERT
Berries with homemade coconut whipped cream (recipe on p. 125)



SMART PALEO SWAPS

Sad that your go-to staples are Paleo no-no's? Try these equally tasty Paleo-approved picks.

INSTEAD OF THIS		TRY THIS
Pasta	→	Spiralized zucchini
Bread or sandwich wraps	→	Lettuce leaf wraps
Rice	→	Cauliflower "rice"
Hummus	→	Guacamole
Peanut butter	→	Almond or sunflower butter
Soy or cow's milk	→	Almond, cashew, coconut, or flax milk
Diet soda	→	Naturally flavored sparkling water or kombucha
French fries	→	Baked carrot or sweet potato "fries"
Ketchup	→	Hot sauce without sugar
Croutons	→	Toasted nuts
Butter or margarine	→	Avocado oil, coconut oil, olive oil, or ghee

FOR A HOW-TO AND RECIPES, VISIT *PREVENTION.COM/PALEO-RECIPES*.

risks and benefits are too expensive to conduct, so little data on Paleo's long-term effects exists outside of the personal success stories. But, he says, "I'd predict that 20 years from now, you'll find that the people following Paleo-style diets will be healthier."

In the meantime, many physicians aren't waiting for bigger, longer studies to confirm what they know from experience. According to the Paleo Physicians Network (*paleophysiciansnetwork.com*), hundreds of doctors are prescribing Paleo-style diets to patients with health issues like diabetes, heart disease, obesity, multiple sclerosis, irritable bowel syndrome, and rheumatoid arthritis.

Among these docs is Terry Wahls, assistant chief of staff at the Iowa Veterans Affairs Medical Center. Wahls's experience with Paleo is personal, after a modified version of the diet helped her reverse her own progressive case of MS, enabling her to go from a wheelchair to an 18-mile bike race within a year. Her approach to the diet, outlined in the book *The Wahls Protocol*, includes moderate protein from grass-fed meat, organ meats, and fish; fermented veggies; and loads of leafy greens, sulfur-rich veggies like broccoli, and berries. In a recent study, patients on her version of the diet experienced the largest drop in MS-related fatigue ever reported.

In addition, Wahls says, Paleo has helped her treat patients with obesity, diabetes, and other autoimmune problems like rheumatoid arthritis and lupus. "Results you get from this type of diet depend on how you structure it," she says. "But a vegetable-heavy version like mine helps on several fronts, decreasing the carbohydrate load by getting rid of the sugar and white flour, so we're improving insulin sensitivity and, for some people, eliminating the dietary trigger to their autoimmune disease—gluten. And we're shifting the bacteria that live in your gut to a healthier mix."

Gynecologist Debra Ravasia also prescribes a Paleo-style diet to help obese patients lose weight at her clinic in Spokane, WA. "I have not found it possible to accomplish these same goals on a low-fat or low-calorie diet," she says. "A low-refined-carb diet is needed, with adequate protein and fat and little to no sugar or starch."

Wait a minute, though. If you cut healthy carbs like whole grains, dairy, and legumes, won't you lose out on key nutrients, as *U.S. News & World Report* argued in its scathing ranking of Paleo? Not if you follow the diet responsibly, says Laura Schoenfeld, a holistic nutritionist who prescribes a Paleo-style diet to her clients. "With Paleo, as long as you eat a variety of plant and animal foods, including nutrient-dense superfoods like liver, eggs, fatty fish, bone broth, and fermented foods, you'll get all the nutrients you need," she says.

"Most of my female clients actually do better on a moderate-carb, not low-carb, version of Paleo that

provides consistent protein at each meal—only about a palm-size serving from meat, fish, eggs—along with two handfuls of nonstarchy veggies, one handful of starchy veggies, and one to two thumb-size portions of fat," says Schoenfeld. What her approach might translate to: a fillet of salmon served with zucchini noodle "pasta," roasted sweet potatoes, and beets with crumbled bacon—all drizzled with olive oil. The meal is far lower in refined carbs and higher in fat and protein than what most Americans eat.

But even if doctors and nutritionists are recommending the diet, can Paleo really be considered Paleolithic if you're consuming things like almond butter or cashew milk? Absolutely, says Loren Cordain, author of *The Paleo Diet*, the book recognized as introducing Americans to the diet. According to Cordain, eating Paleo doesn't mean you eat exactly what our ancestors ate—because, he agrees, ancient man's diet varied enormously—but, rather, the food groups they ate.

The truth is, as I've discovered in reporting this article, many experts advocate a strict Paleo diet and then encourage personal experimentation. "The goal here is really to get more in tune to what your body needs, not to subscribe to a set of beliefs blindly," says John Durant, author of *The Paleo Manifesto*. His advice, with which many agree: Eat strictly Paleo for 30 days, but then reintroduce foods that are important to you, one at a time, to see how you feel. And when you end up with a diet you thrive on that's not strictly Paleo (Durant confesses to eating grass-fed dairy), that's fine.



hen I connected with other Paleo followers, most said they'd naturally adjusted the diet to suit their needs over time—with big results. "I follow a Paleo template, not strict Paleo—I occasionally eat yogurt, cheese, and oatmeal because they don't cause me any dietary discomfort," says Robin Gregory, 38, from Gainesville, FL, who has lost 30 pounds since she started eating mostly Paleo in 2011.

Keri Brewster, 41, from Kansas City, MO, has used a modified Paleo approach to treat her rheumatoid arthritis and IBS. "I eat sour cream occasionally and don't feel bad about it," she says. "But grains containing gluten set off my IBS symptoms. Before this, I had no idea how my body was reacting to individual foods."

Carey Rossi, 44, a former vegetarian in Manhattan, found that Paleo was the only thing that helped alleviate her migraines and fatigue. After trying a strict 30-day Paleo plan, she decided to follow it mostly full-time. "Occasionally I have dairy, grains, and legumes, but they leave me feeling tired, dopey, and bloated," she says. "So when I eat them, I do so knowing how they will affect my body."

Others do stick to the purest Paleo and can readily explain why. Michele Klepac, a 56-year-old from central Texas, decided to adopt a Paleo-style



Avoid Going Broke

With its emphasis on organic, grass-fed, or pastured meats and organic veggies, Paleo can be pricey. Here's how you can save cash without cutting corners.

- **BUY THE RIGHT CUTS** Ground meat, stew meat, and organ meats, even the organic ones, tend to be the least expensive cuts. Eggs are inexpensive as well.
- **EAT SNOUT TO TAIL** Use as many parts of the animal as possible. So if you buy a turkey, use the carcass to make bone broth (or stock) and eat the organs, which are rich sources of vitamins and minerals.
- **EMBRACE FROZEN** Frozen fruits and veggies are cheap, allow you to stock up without fear of spoilage, and are just as nutritious as fresh.
- **JOIN A CSA** (community-supported agriculture) You'll receive a box of local produce every week. Farmers give you a discount for paying up front for a full season.
- **SKIP CONVENIENCE PRODUCTS** Buy raw ingredients and cook food yourself when possible instead of shelling out cash for things like kale chips and Paleo granola bars. You'll save money and control ingredients.
- **SHOP ONLINE** For a $5 monthly membership fee, the online retailer Thrive Market (*thrivemarket.com*) gives you access to nonperishable foods like almond butter at 25 to 50% off retail. Search by categories like "Paleo."

WANT TO TRY THE PALEO DIET?

Follow these two easy steps to transform your health. These basic guidelines show you what to eat and what to avoid on the diet, as well as how to reintroduce foods if you choose.

Step 1: Go Big or Go Home

Many experts advocate eating strictly Paleo for 30 days, then gradually reincorporating some of the foods you've eliminated so you can see how they make you feel. Of course, not everyone agrees on what's allowed. But here are some basic guidelines on what to eat and avoid during your first month.

EAT THESE

- Pastured, organic, or grass-fed meats
- Seafood
- Eggs
- Nonstarchy vegetables
- Squashes and sweet potatoes
- Fruits
- Nuts and seeds
- Fermented vegetables (sauerkraut, kimchi)
- Olive, coconut, and avocado oils
- Herbs and spices
- Tea

AVOID THESE

- Grains
- Dairy
- Legumes (this includes peanuts)
- Refined sugar
- Artificial sweeteners
- Refined vegetable oils (corn oil, soybean oil)
- Processed foods

CONSIDER CUTTING BACK ON THESE

- Alcohol
- Coffee
- White potatoes

Step 2: Reintroduce

Once you're finished with your first 30 days, feel free to reintroduce some "off-limits" foods. The general rule: Introduce one new food (not an entire food group) every 3 days, and take note of how you feel. Your reactions may vary—you might feel sick or just blah immediately, within a few hours, or even the next day; or you may feel perfectly fine. Then decide if it's worth adding back into your diet or if you're better off without it.

Want to give it a whirl?

I'll be doing a 30-day Paleo challenge starting September 1. For info on how to follow along—and ask all the questions you want—head to prevention.com/paleo-challenge.

diet in January 2012. Since then, she's eliminated the extreme fatigue, burning nerve pain, and leg tremors associated with her MS and lost 50 pounds in the process. "I needed a strict overhaul like this to reset my palate and discover that I actually enjoy things like veggie-loaded salads," she says. She will not do dairy and grains again, she suspects, aside from a once-in-a-blue-moon crème brûlée.

As for me, a month on the strict Paleo plan was the palate reset I needed—I no longer craved bread, or sugar in my coffee. For the first time in, well, ever, I felt in control of what I ate. No more magnetic pull to Girl Scout cookies. As a bonus, I was less bloated and oddly happy despite being nearly crippled and living with my parents.

While the diet didn't alleviate my joint pain completely (I was later diagnosed with Lyme disease), it helped diminish flare-ups, and it redefined my relationship with food. I finally appreciated the flavors of nourishing whole foods and lost my desire to eat everything in sight when stressed. The rules of no refined carbs or processed junk were not deprivation when I could eat all the fruits and veggies I wanted and never count calories.

After 6 months of strict Paleo, I figured out what I could reintroduce without feeling like garbage or triggering a binge: peanut butter, hummus, and wine are among the non-Paleo foods I tolerate happily. I allow myself my mom's brownies on special occasions, which makes them, and the occasions, more special. And this is how I've been eating for 3½ years.

So, yes, I'm a convert to the Paleo diet—or lifestyle, as I call it. I'm convinced of its benefits and scientific legitimacy. It may not be for everyone, but it is keeping me and many others at a healthy weight without much effort, easing our pain, and helping us disassociate food and guilt. In short, it's been tough love, providing structure in a surreal world of processed food and perfectly sugarcoated kettle corn. The backlash against it is illuminating but doesn't seem likely to last, especially for those of us who've finally learned how to love the foods that actually love us back.



Try this healthy, dairy-free dessert topper.

WHIPPED COCONUT CREAM
Refrigerate 1 can (14 oz) **full-fat coconut milk** at least 6 hours. Cream will separate from water. Scoop cream only into medium bowl. Add ½ Tbsp **vanilla extract** and 1 to 2 Tbsp **honey**. Whip with hand mixer until soft peaks form, 3 to 5 minutes.

Since household goods aren't always transparent, you have to work a bit to be a smart shopper.



HOW TO LIVE CLEAN(ER)

It's natural if news of crazy-scary chemicals makes us either run around the house tossing stuff out or cover our ears in denial. But there's a middle path between treating every day at home as a war against environmental cancers and just saying, *Oh, screw it*. Here's how to find it.

BY ELIZABETH ROYTE AND BETH GREER PHOTOGRAPHS BY DAVID ARKY

I've met my share of chemical zealots—people who shudder at the sight of disposable plastic and haven't scrubbed their countertops with anything but vinegar in decades. You might even think I'd be one of them: As an environmental reporter, I frequently read studies linking chemicals in our homes with frightening health issues. Yet the impact of that on my behavior has been, for the most part, minor.

Why is that? I want what we all want: products that work and don't harm human or environmental health. To keep myself sane and my checkbook balanced, I take the precautions that are easiest, cheapest, and likely to have the biggest positive impact. I'll buy cleaning products labeled nontoxic when they cost about the same as or less than conventional. I'll do most of what's suggested in this plan, which is based on the latest findings. But when, say, the mold in my bathroom gets the better of me, as it did recently, I get out the big guns. The caustic paste I used didn't irritate my skin or nose, and if the diluted product harmed fish at the discharge pipe, I am indeed sorry.

Soon, shopping for household products could be a lot less confusing. Congress is currently considering the Cleaning Product Right to Know Act of 2014, which would require manufacturers to list all the ingredients their goods contain, and the Safe Chemicals Act of 2013, which would mean the chemical industry must disclose more health and safety data and prove that all chemicals in household cleaners, furniture, and children's toys are safe.

Until such laws are enacted, it's up to us as individuals to do the best we can. But when that black mold starts to regrow, you can be sure I'll go for the once-and-done solution. And then I'll open the bathroom window, turn on a fan, and get out of there as quickly as I can. —*Elizabeth Royte*

1 COOKWARE
Phase in a new pot prescription.

You used to hear: Nonstick cookware is dangerous only if you heat it at a high temp without food in the pan or pot.
Now we know: The chemicals that make pots and pans nonstick are pretty terrible. They can get into food and migrate into air, water, and soil. A group of scientists published this opinion in *Environmental Health Perspectives*; their statement carries more than 200 scientists' signatures calling for researchers, governments, and manufacturers to limit the production and use of the water- and oil-repellent chemicals called PFASs and to develop safer alternatives.
Detox right now: Start cooking your eggs in stainless steel.
Shop smarter next time: As your nonstick cookware wears out, replace it with stainless steel, cast iron, and ceramic—pieces can be found for under $30. And consider swapping anything with PFASs, including stain-resistant and waterproof clothes.



TEFLON COATINGS CAN BEGIN BREAKING DOWN IN TWO TO FIVE MINUTES.

2 FOOD CONTAINERS
Seriously this time, toss your plastic.

You used to hear: As long as your plastics are BPA-free, you're good.

Now we know: Just when you've finally sprung for all "BPA-free" plastics, that label isn't enough anymore. One of the chemicals that replaced BPA is BPS, and recent studies show it's potentially just as bad.

Detox right now: Avoid storing your leftover pasta sauce (or any other acidic food) in plastic. Don't microwave in plastic containers or even leave them in a hot car—the heat and acid exacerbates the leaching of BPS.

Shop smarter next time: When your plastic containers mysteriously go missing or get cracked and need to be replaced, choose glass or stainless steel (which is just as light as plastic for toting to work). And, sorry, price isn't a good excuse: A 10-piece set of glass food-storage containers (that will last forever) costs less than $20.

3 COUCHES & CUSHIONS
Yep, your loveseat gets under your skin.

You used to hear: Fire retardants may not be the best for your health, but they're deep inside your couch, so what can you do about it?

Now we know: They're way more insidious than we thought. Studies show these chemicals get into the air and settle as dust. From there, some of them, including a class called PBDEs, can accumulate in blood and breast milk and have been associated with lower IQs and impaired motor skills in children. Research has found that about 97% of American adults have measurable levels of these chemicals in their urine. A recent study from the University of New Hampshire found that PBDEs can cause metabolic and liver problems that can lead to insulin resistance. Feeling skeeved out by your furniture yet?

Detox right now: Vacuum regularly with a HEPA filter and wipe surfaces with a wet cloth or mop to reduce dust and chemical residue.

Shop smarter next time: If you live in California, you can inspect the label on furniture (like couches, upholstered chairs, futons, carpet padding) to determine if it's free of chemical flame retardants, thanks to the Center for Environmental Health's cosponsorship of a bill last year requiring manufacturers to identify products containing them. Many stores, including Ikea and Williams-Sonoma, are slowly starting to follow suit, so make sure to always ask before you buy. You can also look for furniture made of additive-free, flame-resistant materials such as wool. It may not be practical to get rid of your current sofa, so if you're planning to reupholster, consider replacing the old foam with retardant-free foam at the same time. San Francisco–based company Foamorder.com offers chemical-free foam replacement for your old cushions; prices range from $45 to $95 per cushion. *(continued on p. 135)*

FLAME RETARDANTS CAN ACCOUNT FOR 11% OF CUSHION FOAM WEIGHT.



SMARTER, CLEANER, GREENER PRODUCTS

In this plan, you don't have to overhaul your house all at once. But when it comes time to move on from the toxic items you've got, here's what to swap in.



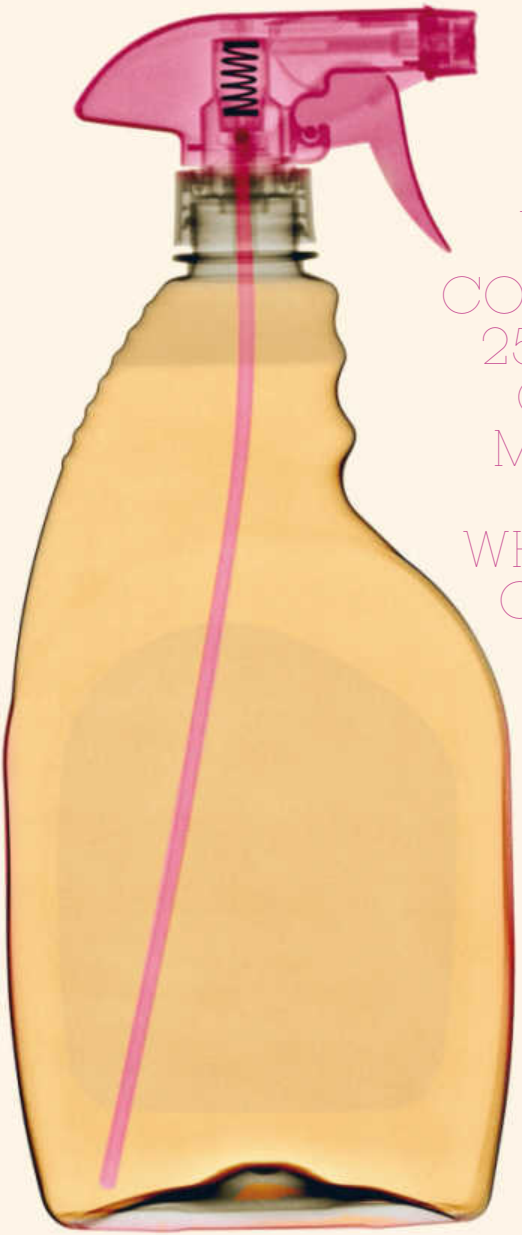


JOE GRAZIANO



4

1. Wipe out PVC with a **Splash Home Tree EVA Shower Curtain ($10)**. **2.** When your old detergent runs out, swap in **Puretergent ($13)**. **3. T-Fal Initiatives ceramic cookware ($98 for an 18-piece set)** makes it easy to go nonstick. **4.** Keep the couch, replace the pads with **chem-free cushions** from ***foamorder.com***. **5.** Safely store leftovers in the glassy, bright **Anchor Hocking Trueseal Food Storage set ($20)** and aluminum **U-Konserve Leak-Proof container set ($33)**. **6.** Clean house with wipes and sprays from **Green Shield Organics ($5)**.



THE AVERAGE HOME CONTAINS 3 TO 25 GALLONS OF TOXIC MATERIALS, MOST OF WHICH ARE IN CLEANERS.

4 SHOWER CURTAINS & HOME FRAGRANCE
Spray smarter.

You used to hear: Phthalates are found only in shower curtain liners.
Now we know: Replacing your shower curtain liners is still a good call, but now we have to worry about phthalates elsewhere. Everywhere. The key word: *fragrance*. There can be up to 100 different chemicals hidden in that harmless-sounding term—including phthalates. Exposure to the chemical DEP, the most common phthalate in fragrance, has been associated with lower sperm count, sperm damage, and endocrine disruption.
Detox right now: Quit with the air fresheners (or check out Fran Drescher's alternatives below) and skip fragrance-laden products whenever possible.
Shop smarter next time: Look for shower curtain liners made with phthalate-free alternatives to PVC like PEVA, EVA, cotton, hemp, or linen, available for under $10. Shop for detergents, fabric softeners, and other cleaning products that are fragrance-free or made with natural scents.

5 COUNTERTOP SPRAYS
You're breeding superbugs. Quit it.

You used to hear: Skip antibacterial soap so you don't contribute to the drug-resistant bacteria problem, but wipes and sprays are fine.
Now we know: Surprise! You should avoid using antimicrobial wipes and sprays, too. Certain types, including those with triclosan and quaternary ammonium compounds, can, if you use them routinely, create drug-resistant bacteria that can enter your body.
Detox right now: Scrub surfaces with cleaners you make yourself with ingredients like hydrogen peroxide, vinegar, and baking soda (see p. 30).
Shop smarter next time: Seek out cleaning products displaying Green Seal or EcoLogo certification, which means they adhere to certain science-based health and environmental standards. *—Beth Greer*

Clean Crusader

Need more inspiration? America's favorite nanny, Fran Drescher, has greened up her act: "I got famous, I got cancer, and I lived to talk about it," she says. Now a passionate advocate of detoxing your home as part of her Cancer Schmancer Movement, she uses lavender plants or jasmine essential oil diluted with water to freshen the air. For more of her easy tips, go to ***prevention.com/fran***.



LAURA CAVANAUGH/GETTY IMAGES

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Soothing Separation Anxiety

At times, absence can make a pet's heart grow destructive.

BY ALISA BOWMAN



DEBRA BARDOWICKS/GETTY IMAGES

When Leigh Cooper moved in with her fiancé, she lovingly embraced his dog, Ringo, but whenever the couple left the house, the dog panicked. When Cooper returned home one day to find a bag of flour on the floor and white paw prints all over the house, she knew something had to be done.

If you're coming home to destruction or noise complaints from neighbors, your pet could be suffering from boredom or anxiety. To find out, set up a video camera to pinpoint the cause of your pet's actions: Boredom normally occurs



Fishbowls are like TVs for your cat—endless entertainment.

MORENO GERZELI/EYEEM/GETTY IMAGES

hours after you've left, but separation anxiety manifests immediately. Here, seven ways to keep your pet comforted and entertained:

PERFECT THE EXIT. Practice leaving for a short bit, suggests Jeff Werber, a Los Angeles veterinarian and former host of Animal Planet's *Petcetera*. Increase the length of your absences and your pet will learn that you always return.

WEAR THEM OUT. Exercise will help your pet sleep so she doesn't worry when you're gone, says Patricia Bentz, a dog behaviorist with K-9 Training & Behavioral Therapy in Philadelphia.

BLOCK OUT DISTRACTIONS. If Fido goes berserk at the sight of the mail carrier,

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close the curtains to block the view. If your pet paces or vocalizes at the sounds coming from the apartment hallway, combat the sound with background noise like music or the TV.

REMOVE REMINDERS OF YOUR ABSENCE. A ball or leash will remind a pet of her owner, setting off a wave of anxiety, so keep visible signs of your fun times together out of sight, says Werber.

BUILD IN ENTERTAINMENT. Well-secured fish tanks or computer screens depicting birds are good distractions for cats, says Werber. Keep dogs amused with puzzles, a variety of bones, or a chew toy stuffed with treats.

USE CALMING SCENTS. Dog-appeasing pheromones, the scent the mother dog gives off, are available in collars and other devices under the brand name Adaptil and range from $19 to $40 online and at many pet stores.

WRAP THEM UP. ThunderShirt body wraps swaddle and calm some dogs, so they're definitely worth a try, says Laura Stolt, a veterinarian in Cary, NC. They cost about $40 and can be found online or at most pet stores.

Anxiety still severe? Ask your vet about prescription medicines. They're not always meant for long-term use, but combined with behavior modification, the meds can help your pet learn to cope with being left alone.

As for Ringo, background noise from the TV put his nerves to rest. "It works—there are no more surprises waiting for us when we come home," says Cooper.

Is Bikram yoga safe after 40?

Bikram classes are held at 105°F and nearly 40% humidity, which founder Bikram Choudhury maintains is necessary for more elastic muscles. However, exercising in high heat can be stressful on the body at any age—even for those who are very fit. My reservations are reinforced by a recent small study in which core temperature exceeded 103°F in more than 30% of regular Bikram-goers after a 90-minute class, raising heat exhaustion and heatstroke concerns.

Avoid Bikram yoga if you ever feel weak in high temperatures or have experienced heatstroke or dehydration in the past. If you have joint or blood pressure trouble, check with your doctor first. Choose something gentler like viniyoga or integral yoga if you are pregnant or have heart disease.

If you do go ahead with Bikram, drink plenty of water throughout and stop if you feel dizzy or light-headed or experience chest pain. And take breaks when you find the pace or poses too strenuous.

ANDREW WEIL, *MD, is founder and director of the Arizona Center for Integrative Medicine and clinical professor of medicine at the University of Arizona.*

Send your questions for Dr. Weil to ***askdrweil@prevention.com***.



COURTESY OF WEIL LIFESTYLE

LEGAL NOTICE

If you bought certain joint health products containing glucosamine, you could get money from a class action settlement.

Includes Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark and Spring Valley brand products

A Settlement has been reached in class action lawsuits against Schiff Nutrition International, Inc., Schiff Nutrition Group, Inc., Reckitt Benckiser LLC and their affiliates (Schiff) regarding their joint health products. The lawsuits claim that the labeling and packaging of these joint health products contain false, deceptive and misleading statements and do not warn consumers about the potentially harmful side effects. Schiff denies all of the claims in the lawsuits and any wrongdoing. The Court has not decided who is right.

WHO IS INCLUDED? You are included in the Settlement Class if you are a resident of the United States who purchased for personal use, and not for resale or distribution, a Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark or Spring Valley brand joint health product between January 1, 2005 and May 27, 2015. A complete list of all joint health products included in the Settlement ("Covered Products") is available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

WHAT DOES THE SETTLEMENT PROVIDE? Schiff has agreed to a Settlement Fund of $6,510,000 to pay all costs associated with this Settlement. Settlement Class Members who submit a timely and valid Claim Form *with* proof of purchase, such as a cash register receipt, the box or bottles of a Covered Product containing a readable UPC code and lot number, or documentation showing purchase of the Covered Product and the date and location of that purchase, may claim $10 per bottle of Covered Product for up to five bottles (up to $50 total). Settlement Class Members who submit a timely and valid Claim Form *without* proof of purchase may claim $3 per bottle of a Covered Product for up to four bottles (up to $12 total). If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards exceeds $6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form will be proportionately reduced until the total amount paid under the Settlement equals $6,510,000. If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards is less than $6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form *with* proof of purchase will increase (up to triple the amount of the original claim). If, after increasing these payments, the total payment amount is still less than $6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form *without* proof of purchase will increase (up to double the amount of the original claim). If, after increasing the payment for all valid claims, the total payment amount is still less than $6,510,000, the balance will be distributed on a *pro rata* basis (divided proportionately among the number of Claim Forms submitted and the dollar amount of those claims) to all Settlement Class Members who submitted a timely and valid Claim Form. In addition to payments, Schiff has agreed to certain changes to the marketing and packaging for the Covered Products.

HOW DO YOU GET A PAYMENT? You must submit a timely and valid Claim Form by **September 24**, **2015**. Complete and submit your Claim Form online at www.SchiffGlucosamineSettlement.com, download a Claim Form from the website or get one by calling 1-877-219-9780, or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

YOUR OTHER OPTIONS? If you do nothing, your rights will be affected and you will not get a settlement payment. If you do not want to be legally bound by the Settlement, you must exclude yourself from it. The deadline to exclude yourself is **September 24, 2015**. Unless you exclude yourself, you will not be able to sue or continue to sue Schiff for any claim resolved by this Settlement or released in the Second Amended Settlement Agreement and General Release. If you exclude yourself, you cannot get a payment from the Settlement. If you stay in the Settlement (*i.e.*, don't exclude yourself), you may object to it by **September 24, 2015**. More information is in the detailed notice and Second Amended Settlement Agreement and General Release available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

THE COURT'S FAIRNESS HEARING. The U.S. District Court for the Southern District of California, located at the Edward J. Schwartz Federal Courthouse, 221 W. Broadway, San Diego, California 92101 will hold a hearing in this case (*Lerma v. Schiff Nutrition International, Inc., et al*., No. 3:11-cv-01056-CAB-MDD), on October 30, 2015 at 10 a.m. to consider whether to approve: (1) the proposed Settlement; (2) Settlement Class Counsel's request for attorneys' fees of up to 33% of the $6,510,000 Settlement Fund as well as costs; and (3) a payment of up to $10,000 from the Settlement Fund for the Named Plaintiffs (Luis Lerma, Nick Pearson and Muriel Jayson). You may appear at the hearing or hire an attorney, at your expense, to appear or speak for you at the hearing, but you do not have to.

WANT MORE INFORMATION? Go to the website, call or write to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

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WOMEN OWNED

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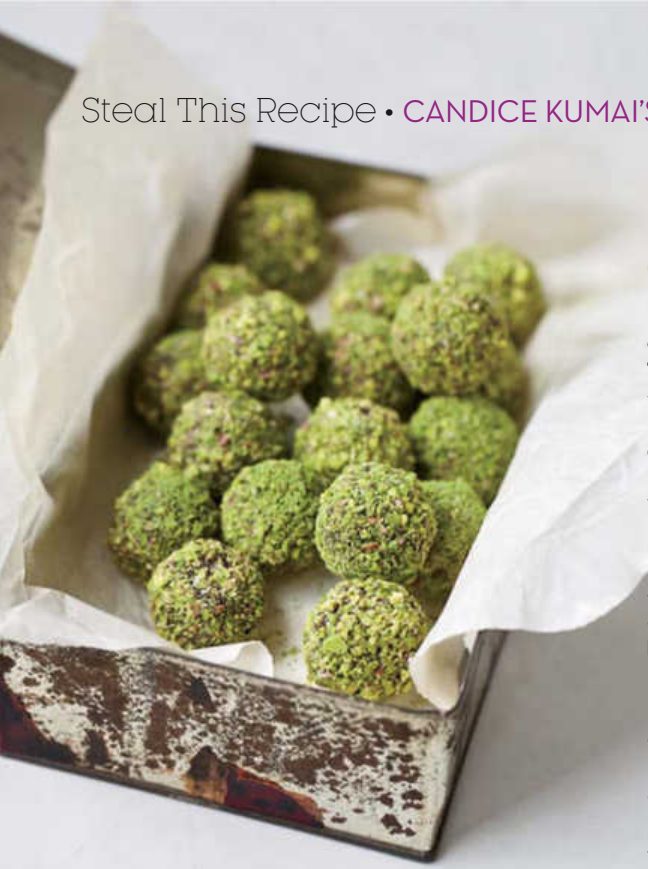
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CANDICE KUMAI is a classically trained chef and the author of several cookbooks, including the new *Clean Green Eats*.

TREATS FROM A CLEAN QUEEN

What's more delicious than dessert? How about a chocolaty dessert full of antioxidants that takes no time in the oven? That sums up these rich truffles from superclean chef and EatClean.com blogger Candice Kumai. Made with dark chocolate and pistachios, then dusted with matcha powder or ground green tea leaves, they're a sophisticated ending to any dinner party or a sweet gift when packed in a pretty container.

Green Truffles

TOTAL TIME: 35 minutes + cooling time
Makes 3 dozen

In saucepan, bring 2 to 3 cups water to a simmer. Place heatproof glass or stainless-steel bowl over saucepan. Add 3 cups **dark chocolate chips** and ½ cup room-temperature **heavy cream**. Use spatula to mix well as chocolate melts. Remove bowl from heat and transfer mixture to parchment-lined loaf pan or shallow bowl. Cool completely, then chill 90 minutes to solidify. Using melon baller or hands, mold mixture into 1" balls. Place ⅓ cup **crushed pistachios** in bowl. Roll truffles in nuts, pressing gently. Using fine mesh strainer or sifter, dust truffles with 1 Tbsp **matcha powder** or **ground green tea leaves**. Store in paper liners or parchment-lined tin and refrigerate until ready to serve.

NUTRITION (per truffle)
115 cal, 2 g pro, 11 g carb, 2 g fiber, 8 g sugars, 8.5 g fat, 5 g sat fat, 3 mg sodium

PHOTOGRAPH BY EVI ABELER/IMAGE COURTESY OF *CLEAN GREEN EATS* BY CANDICE KUMAI (HARPERCOLLINS, 2015). ILLUSTRATION BY LAUREN NASSEF

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